Sigma Kappa
Cook Book

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1972

Mildred Stuart Wood

March 3, 1924.

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SIGMA KAPPA COOK BOOK



If you wish to make cooking a pleasurable task,
In here, you will soon find the way,
Tried and true are these recipes, all you could ask,
They will please you for ever and aye.



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PREFACE

Iota Chapter desires to take this means of thanking her sister chapters for the cooperative manner in which they have responded to her requests for material to compile this volume. For the most part, the response was prompt and whole-hearted, and evinced the gratifying fact that the chapters of Sigma Kappa are interested in the activities and aspirations of fellow-chapters.

For the sake of uniformity it was found necessary to re-arrange and alter some of the recipes; duplications eliminated others; and a few arrived too late to be incorporated into the following pages.

Our aim has been to publish a volume which will be a genuine aid in the preparation and serving of wholesome, nourishing food. In this we feel we have succeeded, thanks to the help of all contributors.

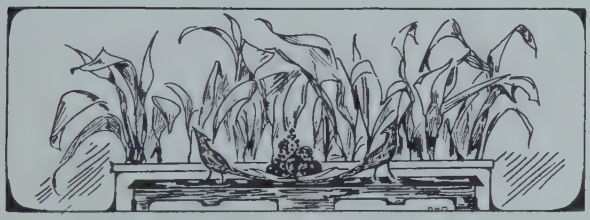
Dedicated to all
Sigma Kappa Brides,
Past, Present, and Future

THE BRADFORD-ROBINSON PTG. CO., DENVER

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ENTREES



Without a beginning there can be no end,
So your thoughts to these entrees,
'Twill pay you to lend.

ENTREES

Oyster Cocktail in Pepper Cases

6 green peppers
1 pint oysters
5 tablespoons tomato catsup
1 tablespoon lemon juice
1 tablespoon horse radish
½ teaspoon salt
½ teaspoon tabasco sauce

Cut stem ends from peppers, remove seeds and allow to stand in ice water. Pick over the oysters to remove any shells and surround with chipped ice until ready to serve. Mix catsup, lemon juice, horse radish, salt and tabasco sauce. Fill each pepper with four oysters and put 1 tablespoon of the mixture on the top. Serve very cold. This serves six portions.

Grapefruit Cocktail

6 grapefruit
12 tablespoons powdered sugar
12 cherries
a few mint leaves

Cut out fruit from shell. Serve in sherbert glasses, adding powdered sugar and some juice from cherries mixed in. Garnish with maraschino cherry in center and mint leaf in each side. Serve very cold on paper doily.

Scallop Cocktail

Clean scallops; put in saucepan, and cook until they begin to shrivel. Drain, chill, and put in small scallop-shells, allowing two shells and ten scallops for each person. Arrange on plates of crushed ice, with lemon baskets in center, filled with cocktail sauce.

Cocktail Sauce

3 tablespoons lemon juice
2 tablespoons tomato catsup
1 tablespoon finely-chopped onion
12 drops Tobasco sauce
½ teaspoon grated horseradish
Salt
4 lemons

Cut two sections from each lemon; remove juice and pulp, leaving baskets with handles. Mix lemon juice with other seasonings, adding salt to taste. Put mixture in basket.

Clam Bouillon

1 quart clams
2 small onions
1 tablespoon flour
1 tablespoon butter
½ pint cream
½ pint milk

Boil clams and onions in ½ pint of water for twenty minutes. Strain through cheese cloth and add flour and butter. Heat cream and milk and put with the other. Serve with one teaspoon of whipped cream in each cup. Serve hot.

Cream of Potato Soup

3 large potatoes
1 slice onion
Boiling water
4 cups milk
2 tablespoons flour
2 teaspoons salt
½ teaspoon pepper
2 tablespoons butter

Cook the potatoes and onion in boiling salted water until tender, drain, and press through a sieve or

ricer. Have ready a white sauce made of butter, flour, seasonings and milk. Slowly add the sauce to the potatoes, and return to the double boiler to reheat. Thin if necessary. Add parsley cut fine. Serve immediately.

Vegetable Soup

1½ quarts seasoned stock
1 cup strained stewed tomatoes
1¼ cup carrot slices
¾ cup turnip slices
½ cup sliced onion
1 cup celery cubes
½ teaspoon salt
¼ teaspoon pepper
few grains cayenne

Have ready the seasoned stock and the strained stewed tomato, add the vegetables cooked in boiling salted water and drained, bring the stock and vegetables to the boiling point, season the soup to taste, and serve.

Cream of Tomato Soup

2 cups stewed tomatoes
2 cups water
2 teaspoons sugar
1 slice onion
¼ teaspoon soda
3 cups milk
6 tablespoons flour
3 tablespoons butter
2 teaspoons salt
½ teaspoon pepper
½ teaspoon cayenne

Simmer the tomato, water, sugar and onion for ten minutes, and rub mixture through a sieve. There should be about three cupfuls of the puree. Prepare

a white sauce of the remaining ingredients, excepting the soda. Just before serving, reheat the puree and the sauce separately; then stir the soda into the tomato, combine the tomato and the white sauce, and serve immediately.

Carrot Puree

Make a quart of medium sauce, using one-half a cup, each, of butter and flour, the butter softened, and the flour rubbed into it to a smooth paste, which is added to a pint of hotstock, stirred until it begins to thicken, then a pint of thin cream or rich milk is added, with seasoning of salt, pepper and onion juice to taste, and the whole is stirred until it boils. To this foundation there is added two cups of fine-grated, raw carrots, and the whole is cooked for ten minutes longer at a low heat, or the kettle is covered and set into a pan of hot water. The carrots should be grated, not chopped. Serve, garnish with olives, stuffed.

Chicken Consommé with Rice

¼ cup rice
hot consommé or chicken broth
¾ cup white chicken meat

Cook the rice in two quarts of boiling salted water until rice is soft; drain and pour over 2 quarts boiling water to separate kernels. Reheat in hot consommé or chicken broth. Add the meat cut in ¼-inch cubes. Serve in bouillon cups and sprinkle with finely chopped parsley.

Consommé

1 knuckle of beef
1 knuckle of veal
1 onion
1 bay leaf
2 whole cloves
2 carrots
1 turnip, or celery

Cook the knuckles in twice as many cups of water as number to be served. Cook down half, strain through a cloth, let harden to jelly. Thin and season when ready to serve. A slice of lemon in the cup adds to the flavor.

Assorted Balloons

2 cups watermelon meats
2 cups cantaloupe meats

Cut watermelon and cantaloupe meat in circles. The juice of the watermelon will be sufficient liquid. Serve in sherbert glasses and garnish with maraschino cherries.

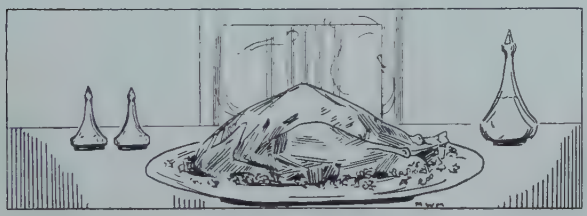
Strawberry Cocktails

Select only large, ripe strawberries for cocktails. Brush the sand from them, and if necessary wash. Remove hulls and cut berries in halves lengthwise. Fill chilled cocktail glasses with berries and pour over a dressing made by mixing one-fourth cup water with 1 cup sugar, let boil 3 minutes. Cool slightly and add slowly one-third cup claret, stirring constantly. Chill and pour over strawberries. Let stand 30 minutes before serving.

Fruit Cups

Fill shallow champagne glasses with crushed ice until thoroughly chilled. Remove ice and fill glasses three-fourths full of fresh fruit. Cut in one-half inch cubes and well mixed. Fresh strawberries, cut in quarters; cubes of pineapple, orange, pears and bananas. Prepare a syrup by cooking one cup of sugar, one-third cup water together for four minutes. Cool slightly and add one-half cup orange juice, one-fourth cup each of lemon juice and curacao, slowly stirring until ingredients are well blended. Chill and pour over fruit.

FISH, MEATS AND SAUCES



Than love in a life,
What could be more sweet?
And what is a dinner,
Where there is no meat?

FISH, MEATS AND SAUCES

Scalloped Salmon

1 can salmon
8 rolled crackers
pepper, salt.

Mix ingredients and combine with sauce (1 tablespoon butter, 1 tablespoon flour, 1 cup milk, let come to a boil). Bake in a quick oven. Iota.

Salmon Loaf

1 can salmon
1 cup soft bread crumbs
1½ teaspoons chopped parsley
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon lemon juice
¼ to ½ cup milk
2 eggs

Bake in oven or on top of stove. Iota.

Creamed Shrimp

¾ cup cream sauce
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
¼ teaspoon pepper
1 cup milk
1 cup shrimp

Set in greased baking dish in layers with buttered cracker crumbs on top. Bake until the contents are hot throughout and the crumbs are browned.

Iota.

Salmon Loaf

1 can salmon
4 eggs beaten light
1 tablespoon melted butter
½ cup bread crumbs

Season with pepper, salt and parsley. Put in dish and steam for one hour.

Sauce

1 tablespoon butter
1 tablespoon tomato catsup
1 egg
1 cup milk
1 tablespoon flour
Liquor from salmon

Mix ingredients, adding egg last. Let boil and serve with Salmon Loaf. Sigma.

Scalloped Oysters

1 pint oysters
4 tablespoons oyster liquor
2 tablespoons milk
½ cup stale bread
1 cup cracker crumbs
¼ cup melted butter
salt
pepper

Put in a thin layer of bread and cracker crumbs, mixed in the butter, into the bottom of shallow baking dish. Cover with the oysters and sprinkle with salt and pepper. Repeat and cover with remaining crumbs. Bake 30 minutes in hot oven. Iota.

Fish Pudding

Boil one pound white fish and one pound lake trout until tender. When cold take meat from both. Butter casserole and dust with fine crumbs (toasted crumbs are best). Put one layer of fish, sprinkle salt and pepper. Then a layer of crumbs and so on until fish is all used up. Then pour on one and one-half cups of sweet cream. Bake in a quick oven twenty minutes. Serve with cream parsley sauce.

Cream Parsley Sauce

2 cups milk
2¼ tablespoons flour
3 tablespoons melted butter
salt and pepper
Finely chopped parsley

Add flour to butter, then add milk slowly. Let come to a boil, add salt, pepper and parsley.

Soft Shelled Crabs, Brown Butter

Prepare crabs by removing sand bags. Lift apron and cut from crabs; remove also the spongy substance surrounding apron. With scissors clip off the "noise", wipe, sprinkle with salt, pepper and dredge with flour; dip in egg, then in fine cracker crumbs; repeat crumbing process. Fry about three minutes in deep hot fat. Serve immediately with browned butter.

Scalloped Oysters

Pick over one quart oysters, place in a colander, pour over three-fourths cup cold water, reserve one cup of the liquor. Melt two-thirds cup butter, pour over one cup coarse cracker crumbs, one and one-half cups coarse bread crumbs, mix well with fork. Sprinkle the bottoms of a well-buttered baking dish with buttered crumbs, cover crumbs with a layer of oysters, sprinkle with salt, pepper and a slight grating lemon rind; pour over three tablespoons each of oyster liquor and milk. Repeat until oysters and crumbs are used. Cover top with layer of fine buttered and seasoned cracker crumbs. Bake twenty minutes in hot oven. Serve at once.

Cod Fish Balls

1 cup shredded cod fish
2 cups mashed potatoes
egg beaten light

Freshen half the cod fish by pouring hot water over it. Add fish, potatoes and a few grains of pepper. Roll balls in beaten egg and bread crumbs. Fry in deep fat. This makes seven or eight balls.

Baked White Fish

Clean a four-pound fish, sprinkle with salt and pepper, spread over with melted butter, dredge with flour, cover with small pieces of fat salt pork, stuff with celery stuffing, bake one hour in hot oven, basting every twenty minutes. After the first half hour the heat should be governed by the color of the fish, which should be browned evenly.

Celery Stuffing for Fish

½ cup bread crumbs
½ cup cracker crumbs
½ teaspoon salt
⅛ teaspoon pepper
1½ teaspoons finely chopped parsley
1 cup finely chopped celery
2 tablespoons melted butter
½ cup cold milk
¼ cup cold water

Add butter to dry ingredients, pour on milk and water. Mix well.

Oyster Roast

Boil one quart oysters in a pan with their own liquor for three or four minutes. Season with salt, pepper and heaping tablespoon butter. Serve on buttered toast.

Oyster Patties

1 quart oysters
2/3 cup butter
2/3 cup flour
1 pint milk
salt and pepper

Rub flour and butter to a cream, stir in milk, add oysters, salt and pepper to taste, and let simmer slowly until done. Fill pattie shells (warmed through) with mixture and serve hot.

Surprise Meat Loaf

1 pound raw veal steak
½ pound raw beef
¼ pound cooked ham
2 eggs, beaten
1 teaspoon salt
dash of paprika
2 tablespoons butter
2 Uneeda biscuits
onion juice
chopped parsley or Worcestershire
3 hard-boiled eggs

Put meat through food chopper and mix thoroughly; add beaten eggs, seasonings, butter, and Uneeda biscuits rolled fine. Shape into loaf and set in a greased pan; make a depression in the center, lengthwise, and in it set, end for end, the hard boiled eggs removed from the shells. Cover the eggs, smoothly baste with hot fat and bake about two hours in a moderate oven, basting

often meanwhile. Serve hot or cold, with a sauce made in the pan.

Meat Loaf

2 pounds ground beef
1¼ tablespoons salt
1½ cups tomatoes
1 egg
1½ cups bread crumbs
celery salt
Season to taste

Mix these materials together and bake in a loaf for one hour.

Veal Loaf

2 pounds cooked veal
¼ pound bacon or salt pork
4 crackers
2 eggs

Grind meat, add crackers rolled fine. Add butter, salt, pepper, and eggs. A small onion may be used if desired. Form into loaf and bake one half hour.

Ham Loaf

2/3 pound round steak or hamburger
1/3 pound smoked ham ground
1 cup bread crumbs
1 egg
Salt and spices

Make in a loaf and steam for two hours. This makes delicious sandwiches when cold.

Chicken Croquettes

1¾ cups chopped cold fowl
½ teaspoon salt
¼ teaspoon celery salt
Few grains cayenne
1 teaspoon lemon juice
Few drops onion juice
1 teaspoon finely chopped parsley
1 cup thick white sauce

Mix ingredients in order given. Cook, shape, crumb, and fry in deep fat.

Alpha Iota.

Fried Chicken

Dress, clean and cut up two young chickens. Rub over with a half lemon, cut lengthwise in halves. Sprinkle with salt, pepper and dredge with flour. Sauté in equal parts of butter and fat salt pork until richly and evenly browned, turning often. Reduce heat, cover and cook slowly until meat is tender. If necessary add a little moisture (one-fourth cup hot water or stock). Serve and pass a cream gravy.

Chicken Timbales

Bring one cup milk to boil, then stir in one teaspoon flour wet with a little cold milk. Boil up once, then add one cup cold minced chicken and beaten yolk of one egg. Take from fire, season to taste with celery salt and white pepper. Stir in the stiffly beaten white of egg. Butter individual molds, fill with mixture and

bake fifteen minutes. Unmold, arrange on platter, garnish with parsley and serve hot. Minced beef, veal or lean pork may be used instead of chicken.

Chicken Pie

2¼ cups flour	2 tablespoons butter
2 teaspoons baking powder	1 egg
1 teaspoon salt	1 cup milk

Beat egg thoroughly, add milk and then butter and dry ingredients which have been rubbed together. Fill dish with cooked chicken from which bones have been removed. Add liquid in which chicken has been cooked, salt and pepper. Thicken with a little flour. Cover with pie crust and bake. This crust is for a very large pie.

Roast Turkey

A year old turkey is best. Rub inside with salt and pepper. Stuff with dressing made by mixing well one large loaf bread crumbled, sage, salt, and pepper to taste, one beaten egg, and three tablespoons butter melted in one-half cup hot water. Tie the wings and thighs to keep them in place, salt and pepper the outside, rub well with lard and brown evenly in oven. Then add one cup water and roast in covered roaster turn and baste often. It should take about two hours to roast a seven pound turkey in a hot oven.

Baked Ham

Select ham, not too fat, weight about fourteen pounds; soak over night in sweet cider or fresh cold

water, cut side down. Then drain, wipe dry, scrape and trim if necessary. Prepare a thick dough of flour and water, roll in one-half inch thickness and enclose ham in it. Wet the edges of dough and press together firmly. Place ham in large dripping pan and bake in a hot oven until dough is a dark brown, then reduce heat and cook in moderate oven for four or five hours. Remove from oven, break off shell and skin ham, trim off ragged portions, sprinkle thickly with bread crumbs mixed with one-fourth their quantity of brown sugar, stick fat side with cloves and return ham to oven and brown. Garnish with lemon and parsley.

Ham Italian Style

Have cut from the center of a ham at least two pounds. Cover one side of ham thick with brown sugar and place in a baker. Sprinkle well with ground cloves. Place on top thick slices of two onions previously browned in two tablespoons butter. Add boiling water, not quite covering the ham. Cover and cook very slowly, forty-five minutes for each pound. When done the water should have boiled away. Add to drippings three tablespoons flour, mixing smooth. Stir in three-fourths pint milk. Serve with boiled potatoes.

Baked Spiced Ham

Soak a fifteen pound ham in cold water to cover, overnight. Wash, scrub and trim off inedible parts. Set over a trivet in a boiler and cover with boiling water. Mix four cups brown sugar, one large sliced onion, one red Chili pepper pod, one tablespoon each of whole

cloves, allspice and cassia buds, two thinly sliced lemons, discarding seeds, add to water in boiler. Cover and cook slowly for two and one-half hours. Remove from boiler, peel off rinds and pour in dripping pan, fat side up. Bake slowly two and one-half hours, basting with one cup sherry wine a little at a time until all is used, then baste with dripping in pan thirty minutes. Before removing from oven, sprinkle fat side with equal measures of brown sugar and fine bread crumbs, stick with cloves and brown richly. Serve mustard or horse radish sauce.

Ham Croquettes

Add to two cups finely chopped cold cooked ham one cup milk and one-fourth cup stale bread crumbs. Cook to a smooth paste, stirring constantly. Remove from heat, add one or two egg yolks to make a mixture of the consistency to handle. Season with grated onion, few grains cayenne and one teaspoon finely chopped parsley. Spread on a plate to cool. Roll in cork shape croquettes, dip in crumbs, egg and crumbs and fry in deep, hot fat. Drain on brown paper and serve with horseradish sauce. Very good to serve with spinach.

Baked Fresh Ham

Take a sharp knife and score the skin across in narrow strips and rub in powdered sage. Raise the skin at the knuckle and put in a stuffing of minced onion and sage, bread crumbs, pepper, salt, and beaten yolk of egg. Fasten it down with a buttered string.

You may make deep incisions in the meat of the large end of the leg, and stuff them also, pressing in the filling very hard. Rub a little butter to make it crisp and of a handsome brown. Bake slowly for three or four hours, basting continually. Skim off fat and make gravy by thickening with flour. Serve with steamed apples.

Hungarian Goulash

Put a layer of round steak cut into inch squares in a buttered earthen baking dish. Add salt, pepper and bits of butter. Slice layers of raw potatoes and carrots, seasoning each layer.

Add cooked rice and canned or fresh tomatoes. Celery and onion may be added if so desired. The vegetables may be varied according to your larder but do not omit the tomatoes. When the dish is well filled, cover with cold water and bake for two hours in a slow oven. Liquid left after baking can be thickened by stirring in a tablespoon of flour, worked smooth in cold water. Cook gravy over a slow fire for a minute or two.

Roast Beef with Yorkshire Pudding

Take a prime roast of beef, put in dripping pan and roast in hot oven. About three-quarters of an hour before it is done, mix the pudding. Beat four eggs until thick and lemon tinted. Add gradually two cups flour, mixed with three-fourths teaspoon salt and few grains of pepper, continue beating. Then add slowly two cups milk and beat for five minutes. Pour this

mixture into dripping pan under rack on which meat roasts while cooking. Bake pudding one-half hour. When basting roast, baste pudding also.

Breaded Sweetbreads with Noodles

Let two pair sweetbreads soak in salt and water for one-half hour. Parboil, drain, lard and dip them in crumbs, egg and crumbs. Cook two tablespoons each of chopped onion, carrot and celery, one tablespoon finely chopped parsley in four tablespoons butter, without browning. Add sweetbreads and cook until well browned, basting and turning often. Prepare a sauce by browning two tablespoons butter in sauce-pan, add four tablespoons flour, stir until well blended and richly browned. Add liquor from vegetables from pan in which sweetbreads were cooked, add one-half cup thick tomato pulp, one tablespoon each of pimento pulp and grated horseradish and one and one-half cups brown stock. Stir until well blended. Boil noodles twenty minutes in chicken stock or boiling salted water, drain dispose in center of platter, sprinkle with Parmesin cheese, arrange sweetbreads around noodles; strain sauce over sweetbreads.

Veal Birds

Wipe the meat with a damp cloth then pound well. Cut into pieces 2x2½ inches and spread with a layer of dressing. Roll these and pin together with tooth picks. Sprinkle with salt and pepper and then dredge with flour. Pour in a frying pan and cook with small amount of fat until bird browns. Then cover partly

with water and let simmer until tender. Serve with gravy or a white sauce. This may also be served on toast and garnished with parsley.

Veal Cutlets, Brown Gravy

Have a slice of veal cut from the leg one-half inch thick. Wipe, remove bone, skin and membrane. Separate in pieces for serving. Pound pieces with the edge of a saucer on both sides, sprinkle with salt, pepper, dredge with flour, dip in egg, then in fine seasoned crumbs. Sauté cutlets in fat until richly browned on both sides, remove to stewpan. Make a brown gravy with two tablespoons each of butter and fat; brown; add five tablespoons flour, continue browning. Pour on gradually two cups brown stock or boiling water, season with salt, pepper and one tablespoon each of worcestershire sauce and kitchen bouquet. Pour over cutlets and simmer uncovered, until meat is tender. Remove cutlets to platter and strain sauce over them.

Jellied Veal

Put a front shank of veal to boil in cold water. Add a bayleaf and a few whole allspice. When done, there should be a pint of liquid left. Pick the meat off the bones and put through the meat chopper. Strain the liquid, put in the meat, and let come to a boil. Put in a mould and let stand until hard. Garnish with parsley and lemons cut lengthwise in quarters. Serve with pickled beets.

Roast Leg of Lamb

Trim roast until the red meat is exposed. Mix together one heaping tablespoon flour with enough water to make a very thin batter. Rub this over the roast, add salt, pepper and fine mint, then pour melted butter or lard over it. Place in a very hot oven for ten minutes or until batter is brown, then pour in one pint of boiling water. Baste well and turn in thirty minutes. Roast a six pound roast for two hours.

Swiss Steak

Cut an inch thick round steak into three inch square pieces. Pound in flour with the edge of a saucer. Then brown both sides in fat. Add a little water, salt to taste; cover and simmer slowly until done.

Pork Tenderloin

Slit whole tenderloins down the middle, dust with powdered sage, put strips of bacon or salt pork on top, and bake one hour in oven. Make gravy to serve with them. Each tenderloin weighs about one-half pound and will not serve more than two people.

French Pork Tenderloin

Have the butcher french the tenderloin. Dredge with flour and brown in melted fat. Salt and pepper and cook slowly until done. Serve with brown gravy and baked apples.

Swiss Steak

Round steak is the best to use. Cut up and put in a frying pan. Season meat with salt and pepper and place it on a board. Dredge thoroughly with flour and pound. Turn meat and repeat. Brown in skillet. Cover with water and let simmer two hours or cook in the oven with tomato sauce.

Smothered Round Steak

Put three tablespoons of fat and one onion, peeled and cut into thin slices, in a frying pan. Cook until onion is brown. Wipe piece of round steak, put in the frying pan and pour over it one and one-half cups of cold water and one-fourth teaspoon salt. Bring quickly to the boiling point then cover closely and let simmer until meat is tender. Make gravy and serve over steak.

Mock Duck

Use round or chuck steak about one inch thick. Place on a clean paper, wipe dry and turn. Make a dressing of bread crusts, butter, salt, pepper and onions and spread over surface of meat. Roll up steak and tie securely. Brown and cook slowly over water or in fireless cooker. Add a small amount of water to steak. If cooked over water no water need be added.

Meat and Rice Chartreuse

2 cups cooked meat
1 teaspoon salt
½ teaspoon pepper
¼ tablespoon onion dice
¼ cup coarse crumbs
¼ cup meat stock
1 beaten egg
3 cups cooked rice

Combine first seven ingredients, turn into a buttered mold, lined with 2 cups rice, cover with the remainder of the rice and steam for forty to forty-five minutes. Turn onto a hot platter, surrounded with tomato sauce and serve with more sauce.

Jellied Tongue

1 pound sliced boiled tongue
2 cans of Campbell's beef bouillon
2½ packages Knox's gelatine
2 cans small peas
2 small lemons
hard boiled eggs

Let bouillon and gelatine, seasoned with salt, pepper, paprika and celery salt come to a boil. Cut tongue in cubes, slice eggs thin. Pour liquor, and in oblong pans distribute a spoonful of tongue, one of peas, a few slices of egg, and occasionally a slice of lemon. Then pour over it the hot bouillon and let stand until next day in a cold place. Turn out the jellied loaf and slice fairly thick. Very nice served on lettuce and garnished with sliced tomatoes, cucumbers and mayonnaise. Serves twenty people.

Theta.

Sweet Potatoes, Apples and Bacon

Fill a baking dish with layers of sliced sweet potatoes (either cooked or uncooked), sliced apples and bacon. Over each layer sprinkle brown sugar. Bake slowly for three fourths of an hour.

Caldwell, N. J.

Lima Beans and Bacon

Fill a baking dish with fresh lima beans, or dry beans soaked over night, to which has been added a little finely cut onion and strips of bacon. Almost cover with milk and bake slowly an hour. The beans will be tender and deliciously flavored.

Caldwell, N. J.

Pilaff

Butter size of a small egg
1 onion
1 cup rice
1 pint canned tomatoes
1 pint hot water
salt and pepper
2 cups cold meat

Fry to a delicate brown in butter, the onion and rice, taking care not to scorch. Add tomatoes and hot water, cover and cook until rice is done, adding water if needed. Season to taste. Add cold meat, ground and stir well.

Colorado Alumnae.

Stuffed Green Peppers

1 cup of chopped meat
1 cup bread or cracker crumbs
1 egg
butter
milk

Remove the inside and seeds from the peppers, and wash; parboil for 10 minutes. Mix together the

meat and bread crumbs and add the egg. Stuff the peppers and butter the top of the stuffing. Pour over a little milk and bake in a quick oven.

Nu.

Creamed Dried Beef

1 cup dried beef
2 tablespoons butter
4 tablespoons flour
2 cups milk

Shred the beef, removing all tough fibres, cover it with cold water and let it stand from five to ten minutes to freshen it. Drain off the water; melt the butter, add the beef and the flour, mix them together, then add the milk and stir constantly until it becomes thickened. Serve the beef on triangles of toast.

Scalloped Lamb

2 cups cooked lamb
3 cups cooked macaroni
½ cup coarse butter crumb
2 cups tomato sauce

Arrange the lamb and macaroni in alternate layers in a buttered baking dish. Pour over them the tomato sauce, and cover with the crumbs. Bake the mixture until it becomes hot and browned.

Minced Meat on Toast

2 cups cooked meat
1 tablespoon flour
1 teaspoon onion dice
1½ cups gravy, stock or water
½ teaspoon salt
⅛ teaspoon white pepper

Put the meat, coarsely chopped, into a saucepan, mix in milk, flour, add onion, gravy and the seasoning. Simmer the mixture for ten minutes, and then serve it on toast.

Beef Hash

2 cups cooked beef
3 cups cold potato
½ teaspoon salt
⅛ teaspoon pepper

Combine the ingredients and turn them into an oiled frying pan, one-eighth cup of onion dice may be added if desired.

Cook the mixture thoroughly, mixing it frequently until nearly done, then cease mixing so that a brown crust may form. Fold the hash as an omelet, turn it upon a hot platter, garnish and serve.

Chop Suey

1 pound ground steak
1½ cups cooked macaroni
1 chopped onion
¾ cup chopped celery
small pieces of pimento
2/3 large can tomato (mostly puree)
salt, pepper

Mix thoroughly after tomatoes have been added, so that meat will not stick in lumps. Bake in hot oven until thoroughly done.

Chinese Chop Suey

Cook one large bunch of celery, six medium sized bermuda onions, and eight green peppers together until well done. Put two tablespoons of butter in frying pan and cook three pounds of veal and one pound of pork to a nice brown, then pour a little water over it and let simmer until well done. Add the meat to vegetables and to this add one half bottle of Show You

sauce, two tablespoons of brown sugar and enough cornstarch to thicken just a little. This is to be served over rice cooked until tender in salt water.

Cream Parsley Sauce

2 cups milk
2¼ tablespoons flour
3 tablespoons melted butter
salt and pepper
Finely chopped parsley

Add flour to butter, then add milk slowly. Let come to a boil, add salt, pepper and parsley.

Cream Gravy

Add one slice onion to four tablespoons fat in which chicken was fried. Cook until onion is delicately colored, remove onion, add one-fourth cup flour, stir until frothy and nicely browned. Add gradually one and one-half cups chicken stock (all fat removed) stirring constantly. Add one-half cup hot rich cream and beat until smooth and glossy.

VEGETABLES



The root of a dinner is certainly found,
When we start on the vegetables, healthy and sound.

VEGETABLES

Stuffed Potatoes

Select large, well-formed potatoes as nearly uniform in size as possible. Scrub thoroughly and bake in a hot oven. When done split in half, lengthwise, and scoop out the inside without breaking the skin. Turn into a hot bowl and mash thoroughly; season with salt, pepper and butter. Add just enough hot milk to make a smooth mass, but rather dry. Beat till very light with a fork and pile into potato shells. Arrange the cases on a baking tin and in the center of each place a tiny bit of butter. Slip into a hot oven or under the broiler to brown lightly.

Candied Sweet Potato, Southern Style

Boil the potatoes, not too soft, let cool, then peel and slice. Boil one cup sugar and one-half cup water to a syrup. Place in a frying pan, then pour syrup over them. Sprinkle salt, sugar and cinnamon over the potatoes, and pieces of butter here and there. Place in the oven and bake until brown. Serve immediately.

Potato Croquettes

2 cups mashed potatoes — Few grains cayenne pepper
Butter size of walnut — Salt
one egg — parsley

Mix potatoes, seasonings, melted butter, and small amount of parsley cut fine. Shape into long, flat cakes. Roll in cracker crumbs, then in egg and in cracker crumbs again, and fry in deep fat.

Potato Puff

¼ cup mashed potatoes 2 tablespoon milk
2 teaspoons butter 1 tablespoon egg
½ teaspoon salt 1 tablespoon of grated cheese

Beat potatoes, add milk, butter, egg, salt and pepper, beat until light, add cheese. Bake in buttered muffin tins in a slow oven fifteen or twenty minutes.

Lyonnaise Potatoes

Cut a pint of cold boiled potatoes into dice and sprinkle with salt and pepper. Fry a scant tablespoonful minced onion in a heaping tablespoonful of butter until a light yellow, then add the potatoes and stir lightly with a fork until they have absorbed all the butter. Do not break them. Add a tablespoon minced parsley and serve hot.

Potatoes au Grautin

Cook potatoes until soft and cut into dices. Butter a baking dish and cover the bottom with bread crumbs. Then fill the dish, alternating with layers of bread crumbs, potatoes, cheese, and white sauce. Cover the last layer of white sauce with bread crumbs. Put in oven and bake until the crumbs brown and the potatoes bubble.

White Sauce

1 cup milk 1 tablespoon flour
1 tablespoon butter

Melt butter, stir in flour and add milk. Stir continually until it thickens.

French Fried Potatoes

Pare and cut raw white or sweet potatoes into long even pieces. Put into cold water for about an hour. Drain and dry well. Fry until brown, eight to ten minutes, in deep fat which is hot enough to brown a piece of bread in sixty seconds. Drain and salt just before serving.

Scalloped Potatoes

3 cups sliced cooked potatoes
6 hardboiled eggs
1½ cups well seasoned white sauce
6 strips bacon

Butter a baking dish and put in a layer of potatoes. Cover with a layer of thinly sliced eggs. Alternate with egg and potato layers. When dish is almost full, pour over the white sauce, spread the bacon over the top and bake in a hot oven till the bacon is crisp, about twenty minutes.

Baked Corn

1 pint sweet milk
2 eggs
1 tablespoon butter
2 large tablespoons corn starch
1 teaspoon salt
1 tablespoon sugar
1 can corn

Place in baking dish and bake

Escalloped Corn

1 can corn
2/3 cup milk
1¼ teaspoons salt
¼ teaspoon pepper
2 tablespoons butter
2 cups bread crumbs

Mix the corn, milk and seasonings. Mix crumbs and butter. Put a layer of crumbs on the bottom of a greased baking dish, and then a layer of corn, and so on. Make the top layer of crumbs. Put in the oven and bake.

Corn Fritters

1 cup flour
½ cup milk
2 eggs
1 tablespoon mazola
1 cup corn
2 rounded teaspoons baking powder
1 teaspoon salt
⅛ teaspoon pepper

Mix dry ingredients together. Add milk, eggs, mazola and corn. Mix well and fry in deep fat.

Cauliflower with Cheese Sauce

Boil cauliflower in salted boiling water until tender, about fifteen minutes. Drain and separate into flowerets. Set these in individual dishes. To serve four, prepare a cup of cream sauce, using two tablespoons each of butter and flour, one fourth a teaspoon each of salt and paprika, and a generous cup of rich milk. Stir in one-fourth a cup of grated cheese and pour over the cauliflower. Sprinkle a little grated cheese over the sauce and serve at once. If delay in serving, keep the cauliflower hot.

Scalloped Macaroni

Arrange cooked macaroni and tomato sauce or white sauce in alternate layers, in a buttered baking dish, cover with buttered crumbs, and bake until hot and brown.

Asparagus Croustades

Cut day-old bread into two-inch thick slices. Hollow out a medium sized diamond in center of bread. Then brush with egg and fry in butter; fill with cooked asparagus tips and cover with a cream of tomato sauce or a cream sauce colored pink with beet juice.

Eggplant a L'Espagnole

Wash and pare a rather small eggplant, and cut in one-inch dices. Peel four onions, four tomatoes, and cut in slices. Chop two green peppers, previously parboiled and the insides removed. Heat in an agate pan one-fourth cup of butter or fat, and in this cook the sliced onions and peppers until the onion is a pale yellow. Add sliced tomatoes and diced eggplant, cover, and simmer for twenty minutes or half an hour over a very slow fire, keeping closely covered. Add at the last, two tablespoons of flour, mixed with one-half a teaspoon of salt; stir until the whole is slightly creamy, and serve hot in a covered dish.

Boston Baked Beans

Soak beans in water for twelve hours. Boil one-half pound salt pork until tender. Put half of the well soaked beans into a baking dish, placing on top a layer of the sliced pork and several slices of onion. Add the remaining beans and another layer of pork and onion. Use the water in which the pork was cooked to moisten dish. Bake seven hours in a slow oven.

Orange Fritters

Peel and remove every particle of the white portion from two large Florida naval oranges. Cut in thin slices, sprinkle with sugar, let stand until sugar is absorbed, then drain, dry and dip in batter, covering each slice completely. Fry in deep, hot fat. Drain on brown paper, sprinkle with powdered sugar and serve at once.

Peas in Potato Cases

Pare and mash the potatoes. Mold into nests and bake until well brown. When ready to serve, fill centers with hot peas, well seasoned, and serve at once.

Spanish Rice

1 cup cooked rice
¾ cup tomato
½ cup grated cheese
1 pimento
1 onion
2 tablespoons flour
1 tablespoon butter

Cook tomato, onion, and pimento until onion is tender. Run through sieve. Thicken with flour which has been creamed with butter. Cook rice in boiling water until done. Drain, pour the first mixture over the rice. Put in buttered baking dish and add buttered bread crumbs to the top. Bake in a medium oven.

Scalloped Tomatoes

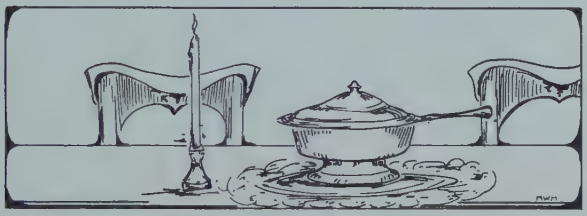
Cover the bottom of a buttered baking dish with a thick layer of buttered crumbs. Place on crumbs, stewed or canned tomatoes drained from their juice.

Sprinkle with two tablespoons sugar, one teaspoon salt, one-fourth teaspoon pepper and cover thickly with buttered crumbs. Bake in hot oven until brown.

Creamed Cabbage

Take as many cabbage leaves as will fill your baking dish, the center white leaves preferred. Put in pan, pour on boiling water, add salt, and cook at boiling point for five minutes. Take from fire, drain, and put into cold water. Place cabbage in baking dish and pour a plain white sauce seasoned with salt, paprika and a dash of red pepper, cover it with bread crumbs. Dot with butter and bake.

SALADS AND SALAD DRESSINGS



A wee bit of this, and a little of that,
Combined with a something, you'll find,
Will make a dish pleasing to both lean and fat,
Leaving all other salads behind.

SALADS AND SALAD DRESSINGS

Bolivia Salad

1½ cups cold potato cubes
2 tablespoons chopped pimento.
3 hard cooked eggs
1 tablespoon finely chopped onions

Mix thoroughly, marinate with French dressing and serve with mayonnaise.

Iota.

King Tut Salad

Cut out inside of tomatoes after peeling. To this add equal amount of cucumber. Season with salt, vinegar, oil, onion, and chopped parsley. Fill tomatoes and serve with mayonnaise.

Iota.

Potato Salad

2 cups potato cubes
1 cup celery
3 hard cooked eggs

Mix ingredients, which should be thoroughly chilled, with two forks. Then moisten with cream salad dressing.

Iota.

Potato Salad

Boil potatoes, let cool and cut them in cubes. Cut several apples in the same way, using about twice as

much potato as apple. Season with two tablespoons chopped onion, two tablespoons chopped parsley, salt, pepper and a dash of paprika. Leave some of the red skin on the apple to make a pretty garnish. Serve on a bed of lettuce leaves with any desired dressing and sprigs of parsley on top.

Iota.

Spanish Pimento Salad

Dissolve one-half box Knox's gelatine in one-half cup each of cold water and vinegar, add one-half cup sugar, juice of one lemon, one scant teaspoon salt, one cup boiling water, and mix with six canned pimentos, cut into small pieces, two cups chopped celery, and one cup shelled pecans.

Harden in individual moulds, serving with mayonnaise. Serves twelve people.

Cheese Salad

2 rolls Neufchatel cheese
2 tablespoons finely chopped olives
Salt and cayenne
Cream to moisten

Form into small balls, arrange on shredded lettuce leaves, and garnish with pimento cut in strips. Serve with French dressing.

Cheese Salad

1 cup grated pineapple
1 cup sugar
Juice of one lemon
1 envelope Knox's gelatine
2/3 cup cold water
1 cup cheese
½ pint whipped cream

Boil pineapple, sugar and lemon juice for five minutes and pour over the dissolved gelatine, stirring it thoroughly. Then let cool until it barely commences to set. Then add cheese, cut in fine pieces. Lastly beat into mixture the whipped cream. Pour in molds to set. Serve on lettuce leaf with salad dressing.

Alpha Gamma.

Three P Salad

1 pint sweet pickles
1 can peas
1 pound peanuts

Cut pickles in thin slices, chop peanuts fine, add peas and salad dressing. Serve on lettuce leaf

Puget Sound Alumnae.

Spanish Salad

2 quarts diced celery
1 quart flaked cooked salmon
1 raw tomato, diced
A little chopped onion

Mix with mayonnaise dressing, season to taste, and fill peppers which have been cleaned and parboiled, with mixture. Serve on lettuce.

Salad a la Normandy

1 cup canned peas ½ cup English walnuts
1 cup chopped celery

Mix with French dressing and serve on head lettuce. Serves six or eight people.

"Parsons" Salad

2 large cups diced celery
½ dozen chopped radishes
6 minced olives
2 diced hard boiled eggs
1 small cup nut meats

Blend ingredients well and moisten with mayonnaise. Arrange in tiny mounds in nests of head lettuce. Pour over each portion one tablespoon of mayonnaise. Garnish with grated egg yolk and triangles of pickled beet.

Iota.

Pike's Peak Salad

3 tablespoons sweet cucumber pickles
3 tablespoons diced onions
3 tablespoons diced cheese
3 tablespoons canned peas

Mix with a salad dressing which is not too sweet.

Iota.

Banana Salad

Cut bananas into halves crosswise, scrape lightly, then roll in chopped nuts. Place on lettuce leaves and pour beaten cream dressing over them.

Fruit Salad

1 pound Malaga grapes, seeded
1 pint canned pineapple
½ cup pecans
½ pound marshmallows, cut
1 pint whipped cream

Combine ingredients fifteen minutes before using. This may be served as a dessert with cakes.

Fruit Salad

1 pound white grapes
1 can sliced pineapple
¼ pound shelled pecans
1 can white cherries
4 bananas
Small bottle maraschino cherries

Use fruit salad dressing with one-half pint whipped cream added. Serves fourteen people.

Iota.

Waldorf Salad

Take equal quantities of chopped apple, celery and English walnut meats. Use fruit salad dressing and mix well. Let stand several hours in cold place. Candied cherries may be used for garnishing.

Brazilian Salad

Cut white grapes in halves lengthwise and remove seeds. Add equal quantities of shredded pineapple, apple finely cut, and chopped celery. Add one-fourth quantity Brazil nuts, broken into pieces Mix thoroughly and season with lemon juice. Moisten with cream dressing or mayonnaise.

Iota.

White Cherry Salad

1 can large white cherries
2 slices pineapple
1 grapefruit
2 oranges

Cut fruit and cover with mayonnaise into which whipped cream has been beaten.

Grape Fruit Salad

Cut the pulp of two grapefruit, add one-half pound stoned dates and one-half pound pecans. Serve on lettuce with mayonnaise.

Pineapple Tomato Salad

Arrange lettuce leaves on plate, place one slice canned pineapple on lettuce and then a slice of ripe tomato on pineapple. Put a teaspoon of salad dressing and ground nuts on each slice. Finish with a cherry or olive, if desired.

Pineapple Cheese Salad

1 can sliced pineapple
1 jar pimento or cream cheese
¼ pound English walnuts

Arrange pineapple on plates garnished with lettuce. Serve with mayonnaise dressing and cheese balls, made from the cheese and nuts. Maraschino cherries may be added to plates if desired.

Pineapple-Marshmallow Salad

1 large can sliced pineapple
½ pound marshmallows
1 cup whipped sour cream
2 tablespoons salad dressing

Drain and cut up pineapple and cut marshmallows in quarters. Let this stand six hours with cream

and salad dressing mixed. When ready to serve add blanched almonds cut up, and mix with one-half cup sweet whipped cream.

Frozen Salad

Use any canned fruit such as pineapple, apricots, peaches or cherries and oranges, bananas and white grapes.

Cut the fruit in small pieces as for fruit salad. To two portions of mayonnaise take one portion of whipped cream, mix thoroughly with fruit. Pack in freezer with ice and rock salt and freeze, allowing to stand four or five hours. All or any combination of the above fruits may be used.

Serve on lettuce leaves. This is a salad and dessert combined.

Peach Salad

Serve halved, peeled peaches with slivers of sweet almonds and whipped cream flavored with lemon and sugar in nest of lettuce.

Marshmallow Salad

4 bananas
½ can pineapple
¼ pound white grapes
¼ pound marshmallows
½ cup English walnuts

Cut in small pieces. Serve with fruit salad dressing, thinned with whipped cream.

Tutti Frutti Salad

½ pound figs, cut fine
4 oranges, sliced
¼ pound stoned dates
1 cup canned strawberries
1 cup canned pineapple
Juice of 1 lemon
3 or 4 tablespoons sugar
1 cup pineapple juice

Serve with fruit salad dressing and whipped cream.

Fruit Salad in Cantaloupe Cups

Allow one-half cantaloupe for each person. Remove seeds with spoon, being careful not to cut the cup. Fill with any fruit salad.

Grape Salad

Use large California grapes. Remove the seeds from the side and press half a pecan nut into the grapes. Arrange in small cup-like lettuce leaves and serve with fruit salad dressing.

Peaches a la Grosvenor

Arrange halves of canned peaches on plate. Place in the center of each, one tablespoon finely chopped walnuts. Over this two tablespoons of marshmallow whip or whipped cream. Sprinkle with grated cocoanut.

Lobster Salad

1 quart minced lobster
½ pint finely cut celery

Moisten with mayonnaise, form into cones and cover with mayonnaise. Garnish with whites of hard boiled eggs cut in petals.

Iota.

Salmon Salad

Shred the salmon and mix about a cup of chopped celery, two tablespoons chopped onion and diced boiled egg. Place on a bed of lettuce and garnish with sliced boiled egg and pimento. If green peppers available, they will improve the salad. Use one minute mayonnaise.

Iota.

Chicken Salad

Use twice as much chicken as celery, after both ingredients have been cut into small cubes, add a few nut meats. Mix with French salad dressing.

Shrimp Salad

Pick meat in pieces and use one cup of celery, cut fine, to one cup of meat. Mix and season with salt, then dressing and serve on lettuce. The use of four hard-boiled eggs, cut in small pieces will add to this salad.

Fish Salad

Three cups flaked salmon, tuna fish or shrimp meat, one cup finely shaved cabbage or minced celery, one finely chopped green pepper. Serve with salad dressing on lettuce or water cress.

Mayonnaise

2 tablespoons mustard
2 teaspoons salt
2 teaspoons sugar
Cayenne
4 tablespoons vinegar
3 cups oil
¼ cup lemon juice
Yolks of 4 eggs

Mix eggs and dry ingredients. Add vinegar, oil and lemon juice.

Phi.

Mayonnaise

2 egg yolks
1 teaspoon mustard
½ to 1 cup olive oil
1 tablespoon lemon juice
¾ teaspoon salt
1 tablespoon vinegar
⅛ to ¼ teaspoon cayenne

Beat yolks very light with Dover beater, mix dry ingredients and blend with yolks, add oil slowly with a teaspoon, beating well. When too stiff to beat, add alternately oil and vinegar and lemon juice mixed.

Cream Salad Dressing

3 eggs
3 tablespoons melted butter
6 tablespoons lemon juice or vinegar
Salt and cayenne
1 pint cream
1 teaspoon mustard
⅛ teaspoon celery seed

Beat eggs, add seasoning, butter, lemon juice and cream. Mix thoroughly and cook like custard in double boiler.

Salad Dressing

1 tablespoon salt
1 tablespoon flour
4 tablespoons sugar
1 teaspoon mustard
2 eggs
1½ cups milk
½ cup vinegar
1 tablespoon butter
Pinch cayenne pepper

Mix well the salt, flour, sugar, mustard and cayenne pepper. Add eggs and beat well. Add milk and vinegar, which should be diluted if very strong. Cook until thick, stirring constantly. Remove from fire and add butter.

Colorado Alumnae.

One Minute Mayonnaise

1 egg
½ teaspoon salt
½ teaspoon dry mustard
1 tablespoon lemon juice
vinegar
2 cups Wesson oil

Iota.

Golden Dressing

¼ cup pineapple juice
¼ cup orange juice
¼ cup lemon juice
½ cup sugar
2 eggs
½ cup cream

Heat fruit juices in double boiler. Beat eggs until light, gradually adding sugar. Combine with hot juice and cook like a custard until spoon will be coated with it. Remove to a dish of cold water, beating until cool. Then fold in cream which has been whipped until stiff. This dressing is suitable for almost any fruit salad.

Upsilon.

Mayonnaise

1 teaspoon powdered sugar
1 teaspoon salt
1 teaspoon mustard
1 egg yolk
2 teaspoons vinegar
1 cup oil
Few grains cayenne

Mix dry ingredients and add egg yolk. Mix thoroughly with Dover egg beater. Add vinegar gradually. Add oil, first by teaspoonfuls, and when the mixture begins to thicken, in larger quantities. Beat thoroughly after each addition. Keep in a cool place until needed.

Alpha Zeta.

French Dressing

1½ teaspoons salt
¼ teaspoon pepper
6 tablespoons olive oil
2 tablespoons vinegar
onion
cayenne

Rub bowl with a cut onion or use three drops of onion juice, add salt and pepper, olive oil and vinegar, beat with a fork or Dover egg beater until mixture thickens.

Beaten Cream Dressing

4 hard cooked egg yolks
2 tablespoons vinegar
1 teaspoon sugar
1 teaspoon salt
1 teaspoon mustard
1 to 2 cups beaten cream

Beat yolks to a paste, add sugar, salt, mustard and vinegar. Mix thoroughly. When ready to serve fold in the beaten cream.

Fruit Salad Dressing

½ cup sugar
½ cup water
Juice of one orange
Juice of ½ lemon
1 egg
1 teaspoon vanilla
½ teaspoon nutmeg
½ glass jelly
2 level tablespoons corn starch

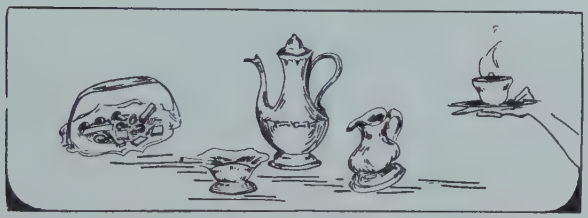
Cook the sugar, water, orange and lemon-juice, and corn starch for three minutes. Add yolk of egg and cook for one minute. Add beaten egg white, vanilla, nutmeg and jelly.

Whipped Cream Dressing

1 egg
5 tablespoons vinegar
1 to 2 cups whipped cream
2 teaspoons sugar
½ teaspoon salt
½ teaspoon mustard
Few grains cayenne

Beat egg, add seasonings and vinegar, cook slowly until thick. Cool and when ready to use fold in the whipped cream. Iota.

HOT AND COLD DESSERTS



Desert the table,
Won't mean a thing,
When delicious desserts,
Like these, you can spring.

HOT AND COLD DESSERTS

Crystal Pudding

1 cup boiling water
1 tablespoon cornstarch
3 tablespoons sugar
Few grains salt
White of 1 egg
Lemon flavoring

Pour this into molds or cups and then pour on a custard made of one cup milk, three tablespoons sugar, one-half teaspoon cornstarch, one egg yolk, and vanilla flavoring.

Iota.

Maraschino Pudding

6 eggs
8 tablespoons sugar
1 bottle red cherries
1 tumblerful chopped nuts
6 macaroons
1 tablespoon gelatine
¼ cup water
Juice of ½ lemon

Cream sugar in the yolks of the eggs. Put in double boiler and pour in juice from cherries; cook until thick. Add chopped cherries and gelatine soaked in water. Add crumbled macaroons and stir into the stiffly beaten white of egg. Then add nuts, put aside to congeal, and serve with whipped cream.

Sigma.

Delicious Dessert

1 pint whipping cream
12 or more large marshmallows
1 orange
1 cup walnuts
2 bananas
8 large slices pineapple

Add chopped nuts, finely cut marshmallows and sliced fruit to the whipped cream. Serves six.

Upsilon.

Pineapple Cream

Soak one tablespoon gelatine in one-half cup pineapple juice. Cut four large slices pineapple into dice. Stew ten minutes with one-half cup sugar and one-fourth cup of juice. Add gelatine, cool, add one-half pint cream, whipped. Pour into moulds and set in cold place to stiffen.

Colorado Alumnae.

Silician Sorbet

1 can peaches
1 cup sugar
2 cups orange juice
2 tablespoons lemon juice

Press peaches through a sieve, add sugar and fruit juices. Freeze and serve.

Nu.

Strawberry Bavarian Cream

2 tablespoons gelatine
½ cup cold water
1½ cups sugar
½ cup boiling water
3 cups crushed strawberries
3 cups cream

Soak gelatine in cold water and then add boiling water. Heat the strawberries, add sugar and gelatine. Chill in a pan of ice water, stirring constantly. When it begins to thicken, fold in the whipped cream, mould and chill.

Alpha Iota.

Nut Frappe

½ envelope gelatine
¼ cup cold water
1 cup cooked pineapple and strawberries
¾ cup milk
½ cup sugar
⅓ cup cream
1 cup chopped nuts
White of 1 egg

Soak gelatine in cold water five minutes, dissolve over hot water. Add this to whipped cream, milk and sugar. Stir in beaten egg white. When cold, add chopped pineapple, strawberries and nuts. Serve ice cold in sherbert glasses.

Iota.

Southern Apple Pone

1 apple
½ cup milk
8 tablespoons corn meal
1½ tablespoons corn syrup
2 tablespoons suet
Salt

Pare, quarter, core the apple, and place in pudding dish. Scald the milk and add the corn meal, cooking it several minutes. Add salt, finely chopped suet and syrup. Pour over the apple and bake slowly until apple is tender.

Upsilon.

Marshmallow Pudding

Beat the whites of four eggs to a stiff froth, add one cup of sugar, dissolve one heaping tablespoon gelatine in one cup hot water, add gradually to the eggs and sugar and beat twenty-five minutes. Divide into three parts and put two tablespoons melted chocolate in one

part. Two-thirds cup blanched almonds in another, and fruit flavoring or cherries in the other. Rinse mold with cold water and put in layers, first the chocolate, then the almond, and last, the cherries. Serve with whipped cream.

Sigma.

Date Pudding

2 eggs well beaten
1 cup chopped nuts
1 cup chopped dates
1 tablespoon flour
1 teaspoon baking powder
1 cup sugar

Bake in sheet. Cut in squares and serve with whipped cream.

Theta.

Maple Parfait

4 eggs
1 cup hot maple syrup
1 pint thick cream

Beat eggs slightly and pour maple syrup on slowly. Cook until mixture thickens, cool, add stiffly beaten cream. Mould, pack in salt and ice, and let stand three hours. Serves eight.

Alpha Iota.

Pineapple Ice

1 quart milk
Juice of 1 lemon
1 pint finely shredded pineapple

Sweeten to taste. Chill thoroughly in freezer with ice and salt

Iota.

Frozen Fruit

Buy fruit salad in cans and freeze in ice and salt for four hours. Cut in desired shape and serve at teas with assorted cookies on small plates with paper doily.

Alpha Gamma.

Lemon Ice

4 cups water · 2 cups sugar
¾ cup lemon juice

Make syrup by boiling water and sugar twenty minutes. Cool, add lemon juice, strain and freeze.

Alpha Zeta.

Apple Dressing

1 apple White of 1 egg
1 cup sugar Vanilla to flavor

Peel and grate the apple, add sugar and egg white and beat with egg beater until stiff enough to stand. Serve on Jello.

Iota.

Pineapple Bavarian Cream

½ box gelatine ½ cup sugar
½ cup cold water 1 tablespoon lemon juice
1 can grated pineapple 1 pint whipping cream

Heat pineapple, add sugar, lemon juice and soaked gelatine. Chill and as the mixture begins to thicken fold in whipped cream. Place in molds and chill. Garnish with maraschino cherries.

Alpha Zeta.

Steamed Pudding

1 cup molasses
¾ cup butter
1 cup raisins
½ cup sugar
1 teaspoon cinnamon
⅛ teaspoon nutmeg
3 eggs
1 cup sweet milk
3¼ cups flour
2 teaspoons baking powder

Mix altogether and steam for three hours.

Iota.

Date Bars

3 eggs beaten
¾ cup brown sugar
5 tablespoons flour
½ teaspoon baking powder
1 cup dates
1 cup nuts

Mix in order given and bake in a medium oven.

Alpha Gamma.

Brown Betty

1½ cups coarse crumbs
¼ cup melted butter
2 cups chopped apple
2½ cups milk
2 eggs
⅛ teaspoon salt
¾ cup sugar
¼ teaspoon nutmeg or cinnamon

Arrange the buttered crumbs and chopped apple in layers in a buttered baking dish. Beat eggs and salt together, add sugar, milk, which has been scalded, nutmeg or cinnamon, and pour this over the layers of crumbs and apple. Bake in a moderate oven from thirty to forty minutes. Serve hot with cream or sauce.

Apple Pudding

2 eggs
Melted butter size of a walnut
⅓ cup milk
3 tablespoons sugar
2 teaspoons baking powder
Flour to stiffen
4 large apples

Slice apples and mix in batter. Bake in medium oven.

Buffalo Alumnae.

Carrot Pudding

½ cup chopped suet
1 cup flour
½ cup currants or raisins
½ cup sugar
1 cup raw, grated carrots
2 teaspoons salt
1 teaspoon butter
1 teaspoon cinnamon

Steam for two hours.

Iota.

A Good Dessert

1 dozen lady fingers
1 dozen almond macaroons
1½ pints milk
Yolks of 4 eggs
3 tablespoons sugar
1 envelope gelatine
1 pint whipping cream

Make custard of yolks, sugar and milk. Cook in double boiler (will not get very thick). Then pour over the gelatine, which has been soaked in cold water. Cool and add lady-fingers and macaroons, broken into small pieces. As it begins to set, add whipped cream Stir well and put in molds. Serve with whipped cream.

Alpha Gamma.

Chocolate Steamed Pudding

½ cup butter
1 cup sugar
2 eggs
1 cup milk
2 teaspoons baking powder
1¾ cups flour
½ teaspoon vanilla
1 square chocolate

Cream butter with one half cup sugar. Beat egg yolks and add one-half cup sugar to them. Combine mixtures. Sift dry ingredients together and add alternately with milk. Add chocolate which has been melted over hot water. Fold in stiffly beaten egg whites. Fill oiled pudding cups and steam. Time depends on the size of the container. Serve hot with vanilla sauce.

Upsilon.

Vanilla Sauce

2 cups boiling water
2 tablespoons corn starch
4 tablespoons butter
1 cup brown sugar
1 teaspoon vanilla

Upsilon.

Date Dream

2 egg yolks
½ cup sugar
1 cup dates
1 cup nuts
4 tablespoons flour

Mix egg yolks, sugar, flour and finely chopped dates and nuts. Add well beaten white of egg. Bake thirty minutes in a slow oven.

Buffalo Alumnae.

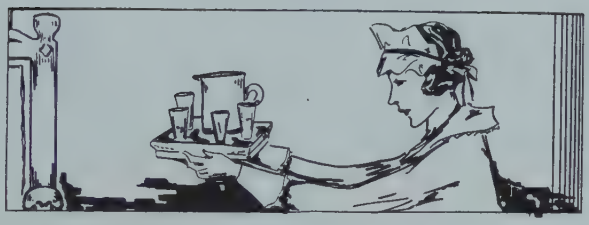
Prune Whip

¼ pound prunes
3 egg whites
⅓ cup sugar
1 teaspoon lemon juice

Soak prunes over night or for several minutes in cold water. Cook in the same water until soft. Drain off surplus moisture and cool. Remove stones and rub through strainer. Add sugar and egg white and beat until stiff.

Iota.

BEVERAGES



In order to make a meal complete,
To me two things are clear,
The company of a genial friend,
And a bit of a cup to cheer.

BEVERAGES

Fruit Punch

Lime, lemon, or orange juice
¼ tablespoon ginger ale extract
Juice of 1 orange
⅓ cup sugar
2/3 cup water
⅓ cup lemon juice

Phi.

Fruit Punch

One quart, each, shaddock, strawberry, pineapple, orange juices, one pint lemon juice, sugar to suit. Shave ice in glasses, then fill half with juices, and other half mineral water, ice cream and a strawberry on top.

Tea Punch

Make a strong tea, but let it steep only four minutes, otherwsie it will become cloudy, add one-third as much lemon juice as tea, with sugar to sweeten. Keep very cold and when serving, add one bottle of ginger-ale.

Punch

Mix one cup of lemon juice, two cups of sugar, one pint of fruit juice (strawberry or raspberry), one small pineapple, grated, and two quarts of water. Put in a bowl with a large piece of ice. When ready to serve put in two quarts of ginger ale.

Mint Punch

Wash a quart of mint leaves well, dry by shaking and then mash until soft. Cover with boiling water and

let stand ten minutes. Strain and set, covered in the ice box. At serving time add one cup of grape juice and one of red raspberry juice. Sweeten to taste and add as much lemon juice as is needed to bring out and combine the flavors. Stick a tiny sprig of mint in each glass.

Strawberry Lemonade

To two quarts of very ripe berries, add one cup sugar. Mash thoroughly and add one cup cold water. Strain and add half a cup to each glass of lemonade used.

Limeade

Put the juice of three limes, with one tablespoon sugar, into a thin tall glass. Fill the glass half full of shaved ice. Shake thoroughly and fill to the top with apollinaris water. Decorate the top with a sprig of mint, a cherry, or a strawberry.

Orangeade

One pound of loaf sugar in one and one-third pints of water. Boil until the sugar is all dissolved. Pour the syrup, while hot, over the rinds of three small oranges, and allow to stand three hours.

Strain the juice of ten oranges through a jelly bag and add to the flavored syrup. Add one quart of water. Serve in glasses, with shaved ice and a dash of apollinaris. Put thin slices of orange, sprinkled with fine mint, on top. This will make three quarts.

Pineapple Pop

Take one pineapple, peel, slice and pound it to pulp. Take two cups water and one cup sugar; boil, skim, and pour it over the pineapple while very hot. Add the juice of two lemons and let all stand for two hours, tightly covered. Strain. Add one pint of cold water. Serve in glasses, with shaved ice and a dash of seltzer water.

Grape Juice

5 pounds Concord grapes 1 quart water
2 cups sugar

Pick over and wash the grapes; the stems need not be removed. Put the grapes in a porcelain kettle, add the water, and boil until the seeds cook out. Strain first through a colander, then through a jelly bag or double cheesecloth. Return the juice to the fire, add the sugar and boil ten minutes. Seal the boiling-hot grape juice in sterilized bottles or in fruit jars.

Grape Cordial

Juice of two pounds grapes, three tablespoons sugar, and one cup cold water. Drink with ice.

Cream Nectar

Three pounds white sugar, two ounces tartaric acid, put into a quart of soft water over night. Then stir in the well-beaten whites of 3 eggs. Use any flavoring desired. Bottle, and keep in a cool place. Use three tablespoons of this to one glass of ice-water.

Iced Coffee with Orange

To one quart of strong cold coffee, add one cup of sweetened orange juice. Drop a tablespoon of powdered ice in each glass and top with whipped cream.

Iced Cocoa

Stir cocoa into a paste with a little warm water, a teaspoon of cocoa for each glass served. When smooth, add a half cup of hot water and a half cup of hot milk. Boil in a double boiler ten minutes and set aside to cool. Serve in glasses, with a block of ice and a spoon of whipped cream on top.

Milk Shake

Put one heaping teaspoon of sugar into a shaker; add one egg and one cup of milk. Cover and shake thoroughly. (A deep bowl and an egg beater will do the same work.) Add a pinch of salt. Turn into glasses with pieces of ice an inch square. Dust the top with nutmeg, chocolate or cinnamon. Serve with straws.

Fruit Frappe

6 dozen lemons
3 dozen oranges
17½ pounds sugar
6 cans grated pineapple
2 boxes strawberries or large bottle maraschino cherries

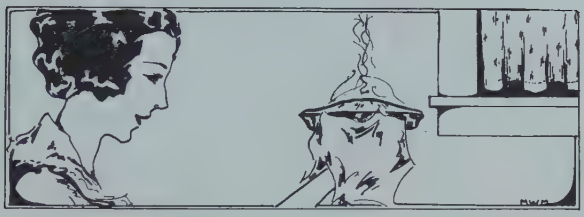
To the juice of oranges and lemons add the other ingredients. Dilute with water just before using. This recipe serves about three hundred.

Cocoa

2 tablespoons cocoa
3 tablespoons sugar
Few grains salt
1½ cups hot water
1½ cups milk

Scald the milk over hot water, mix the cocoa, sugar and salt together in a saucepan; add the boiling water and boil three minutes. Add this to the scalded milk, beat with an egg beater, and just before serving, add a few drops of vanilla.

PASTRIES



To eat, or not to eat,
The patient husband sighs,
He'll quickly know the answer,
When he looks upon your pies.

PASTRIES

Chocolate Pie

1 pint milk
½ cup sugar
3 tablespoons flour
1 square chocolate

Grate chocolate, put in cold milk and let come to a boil. Mix flour and sugar well together, and stir gradually into boiling milk. This will make one pie. Serve with whipped cream.

Chocolate Pie

2 tablespoons chocolate, grated fine
1 pint boiling water
2 egg yolks
2 tablespoons cornstarch
¾ cup sugar
1 tablespoon butter

Boil until thick. Use white of 6 eggs for meringue

Pumpkin Pie

2 cups steamed, sifted pumpkin
½ cup sugar
2 eggs, slightly beaten
¼ teaspoon salt
1½ cups of milk
2 tablespoons melted snowdrift
1 teaspoon vanilla
Pastry

Combine all ingredients except the pastry and mix thoroughly. Then roll out the pastry and line a pie plate with it, building up the edges. Pour in the mixture and bake.

Chess Pies

3 eggs
1 cup sugar
1 cup nuts
1 cup raisins
1 cup milk
½ cup melted butter
Vanilla

Mix in order given until thick, and put in baked individual shells. Add whites of two eggs, beaten stiff and brown lightly.

Alpha Gamma.

Chess Pies

½ pound unshelled walnuts
¾ pound raisins
1½ cups sugar
¾ cup butter
5 eggs

Cream butter and sugar and add five well beaten yolks of eggs. Then mix in raisins and chopped walnuts. Cook in double boiler until thickened. Fill patty shells. Cover with meringue made from whites of eggs, adding two tablespoons sugar for each egg white and about one-third teaspoon vanilla for each egg. Brown delicately.

Butter Scotch Pie

¾ cup brown sugar
1½ cups milk
2 eggs—yolks
2 tablespoons flour
1 tablespoon butter

Cover with meringue. Put in a baked crust.

Puget Sound Alumnae.

Butter Scotch Pie

1 cup brown sugar (scant) 2 tablespoons flour
2 egg yolks 1 cup milk

Scald milk and pour over mixture. Add salt and vanilla. Boil until thick and add a lump of butter. Pour in baked pie shells, add beaten whites of two eggs on top, and brown.

Alpha Gamma.

Cocoanut Pie

Soak one cup cocoanut in two cups of milk for two hours. Then scald mixture, add one tablespoon cornstarch, ½ cup sugar, few grains salt and two egg yolks. Use whites of eggs for meringue. Fill crust and brown

Iota.

Transparent Pie

½ cup butter 3 eggs
1 cup sugar ½ teaspoon nutmeg
½ lemon-juice and rind

Cream, butter and sugar. Beat in yolks of eggs. Add nutmeg, grated rind, and juice of lemon, and beaten whites to the mixture. Put in cooked crust and brown in oven.

Sigma.

Pineapple Pie

½ can grated pineapple 1 cup cream or milk
½ cup sugar 3 egg yolks
Pinch of salt

To the grated pineapple add the sugar, cream, egg yolks—slightly beaten—then the salt. Mix well and bake, in a pie pan lined with rich pastry, until firm in center. Spread a meringue made of the whites of three eggs and three tablespoons of powdered sugar. Return to the oven to brown meringue.

Sigma.

Sunshine Cake

1 cup sugar
1 cup flour
¼ teaspoon cream of tartar
6 eggs

Beat eggs separately. Mix and sift dry ingredients, then add yolks. Flavor and fold in whites.

Hot Water Sponge Cake

1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt
2 eggs
1 cup sugar
6 tablespoons hot water
½ tablespoon lemon juice

Sift the flour, measure it, add dry ingredients, sift together. Beat the egg yolks, add one-half of the sugar and beat again. Add the hot water, the remainder of the sugar and lemon juice, mixing thoroughly. Fold in the flour and the stiffly beaten egg whites. Bake in a greased and floured tin in a moderate oven about twenty-five minutes.

Alpha Zeta.

Sponge Cake

2 eggs
1 cup sugar
1 cup flour
½ cup boiling water
1 teaspoon vanilla
1 teaspoon baking powder

Separate eggs. Beat whites as stiff as possible. Add well beaten yolks and beat all again. Add sugar and beat again. Add vanilla, flour, and baking powder, the water, and bake in hot oven about twenty-five minutes.

Colorado Alumnae.

Sour Cream Cake

1 cup sugar
1 cup sour cream
2 eggs
1½ cups flour
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon ginger
1 teaspoon nutmeg
Soda
Salt

Mix ingredients, add one cup nuts—chopped—or one cup seedless raisins. Bake in hot oven for thirty-five or forty minutes. If possible use cake pan with removable bottom and do not grease.

Colorado Alumnae.

Quick Tea Cake

1 cup sugar
1 large tablespoon butter (creamed)
½ cup sweet milk
1 teaspoon baking powder
1½ cups flour
Flavoring

Theta.

Spice Cake

½ cup shortening
½ cup sugar
½ cup molasses
½ cup coffee
½ teaspoon soda
¼ teaspoon salt
1 teaspoon cinnamon
1 teaspoon allspice
½ teaspoon cloves
1 egg
Flour to stiffen

Lambda.

Buttermilk Cake

2 cups sugar
2/3 cup butter
2 cups buttermilk
½ teaspoon cloves
½ teaspoon cinnamon
½ teaspoon nutmeg
1 tablespoon cocoa
2 teaspoons soda
1 cup raisins
3½ cups flour
2 eggs

Bake in large tin. Cover with white icing and nut meats.

Iota.

Christmas Cake

3 pounds of fat pork
5 cups boiling water
3 pounds seeded raisins
2 pounds dates
1 pound citron, cut in small pieces
3 teaspoons ground nutmeg
2 teaspoons ground cloves
3 teaspoons soda
9 cups sugar
3½ quarts flour

Chop the pork fine and pour over it the boiling water and let it stand while preparing the other ingredients. Chop the raisins and dates. Mix with hands in a bread raiser and bake in two large sheet iron biscuit trays. Bake very slowly and cool in pans.

Cut in loaves, wrap in parafine and keep in cool place. This makes four good sized loaves. The older the cake, the better. Iota.

Mock Angel Cake

3 level teaspoons baking powder
1 level cup flour
1 level cup sugar
Pinch salt
1 cup hot sweet milk
Vanilla
2 egg whites beaten stiff

Sift the first four ingredients, five times, add other ingredients. Bake in a hot oven.

Buffalo Alumnae.

Birthday Cake

¼ cup butter
1¼ cups sugar
½ cup milk (sweet)
2 cups flour
1½ teaspoons baking powder
3 eggs
Flavoring

Mix shortening and sugar, add milk, flour, baking powder. Then beat eggs well and add one at a time. Bake in a moderate oven.

Nu.

Two Layer Short Cake

1 egg
½ cup sugar
3 tablespoons melted butter
1 level teaspoon baking powder
1 cup flour
¾ cup milk

Flavor with vanilla and serve with any fresh berries and whipped cream. Iota.

White Cake

½ cup butter, creamed
1½ cups sugar, added gradually
1 cup flour, stir into the sugar and butter
1½ cups milk
2 cups flour (Swans-down)
2 rounding teaspoons baking powder
4 egg whites
Flavoring

Bake in a moderate oven about twenty-five minutes.

Lady Baltimore

Sift Swans-down flour three times, then measure out

3 level cupfuls
1½ cups sugar
½ cup butter, creamed with sugar
1 cup cold water
½ teaspoon vanilla
½ teaspoon lemon
3½ level teaspoons baking powder
½ cup flour

Beat well. Lastly add well beaten whites of four eggs.

Iota.

Devil's Food Loaf Cake

1 cup granulated sugar
½ cup butter or butter substitute
2 cups flour
1 cup sour milk
1 teaspoon salt
1 teaspoon soda (scant)
1 teaspoon vanilla
2 eggs
4 tablespoons boiling water
2 squares unsweetened chocolate

Use regulation measuring cup.

Sift flour and salt into mixing bowl. Cut chocolate into double boiler and put over fire to melt. When melted, add butter and allow it to melt, then stir well and add sugar, remove from fire and stir again. Add milk, vanilla, beaten eggs, water in which soda has been dissolved, and stir thoroughly, pour this mixture over the flour and mix well. A strong egg beater is good for the purpose. Pour into a tube baking pan that has been greased and floured. Put in hot oven, with a pan of hot water on the shelf above or below cake to prevent burning. Bake forty-five minutes with moderate fire. Remove from pan and allow cake to cool.

Iota.

Devil's Food Cake

1¼ cups sugar	1½ cups Swansdown flour
6 level tablespoons butter	3½ teaspoons baking powder
3 eggs	1 teaspoon vanilla
3½ squares chocolate, melted	
1 cup milk	

Cream, butter and sugar. Add eggs one at a time, beating about five minutes after each is added. Combine remaining ingredients in order given. The flour should be sifted three times.

Iota.

Apple Sauce Cake

1½ cups sugar
1½ cups apple sauce
2 eggs
½ cup butter and lard
1½ cups raisins and currants
2 cups flour
½ teaspoon cinnamon
½ teaspoon cloves
2 small teaspoons allspice

Lambda.

Cream Puffs

1 cup hot water
½ cup butter
1½ cups flour
4 eggs

Mix butter and water. Add flour and then cook five minutes Cool, add eggs one at a time (unbeaten). Beat until well mixed and drop on buttered baking dish. Bake twenty-five minutes. When cool, slit and fill with creamy filling.

Creamy Filling

1 teaspoon vanilla
½ tablespoon butter
2 eggs
½ teaspoon salt
¾ cup sugar
½ cup flour

Combine ingredients, and cook to desired thickness.

Mocha Cake Icing

1 tablespoon melted butter
1½ cups powdered sugar
1 teaspoon vanilla
2 teaspoons cocoa
3 tablespoons cold coffee

Mix ingredients and beat well.

Colorado Alumnae.

Filling for Trilbies

1 cup sugar 1 cup hot water
½ pound dates, cut fine

Cook to the consistency of jam.

Frosting for Lady Baltimore Cake

2 tablespoons butter 2 cups powdered sugar
1 teaspoon vanilla

Add enough cream to above ingredients to make mixture thin enough to spread. Two squares of melted chocolate may be added to mixture when chocolate frosting is desired. Iota.

Seven Minute Icing

1 unbeaten egg ⅞ cup granulated sugar
3 tablespoons cold water

Place all ingredients in top of double boiler over boiling water and beat with Dover beater for seven minutes. Add one teaspoon vanilla and three or four marshmallows.

Colorado Alumnae.

Filling for Oatmeal Cookies

2/3 cup granulated sugar Lemon juice for flavoring
1 pound dates, stoned ½ cup water

Cook until soft enough to use for filling. Place 1 teaspoon filling on cookie, then press another cookie on the top of this. Theta.

Icing for Devil's Food Loaf Cake

2 cups sifted powdered sugar
1 cup butter
2 squares unsweetened chocolate
Vanilla

Melt chocolate in double boiler, add butter, allowing it to melt. Stir in the vanilla and powdered sugar. Spread on cake while warm.

Iota.

Oatmeal Cookies

½ cup shortening
2 cups oatmeal
2 cups sugar
2 eggs
½ teaspoon salt
2 cups flour
1 level teaspoon cinnamon
1 cup raisins
½ cup walnut meats
½ cup sour milk
2 tablespoons hot water
1 level teaspoon soda
1 level teaspoon baking powder

Drop from spoon and bake in a moderate oven.

Iota.

Oatmeal Cookies

1 cup brown sugar
2 cups rolled oats
1 cup shortening, scant
½ cup sour milk
½ teapsoon soda
2 cups flour
Salt

Roll thin and cut.

Fudge Cookies

4 eggs, well beaten
½ cake Baker's Chocolate, melted
1½ cups brown sugar
1 cup English walnuts (chopped)
1 cup flour, scant
1 teaspoon vanilla

Spread very thin in pan. Bake twenty-five minutes in a moderate oven. Cut into small squares immediately upon taking from oven.

Lorah Monroe.

Fudge Cookies

2 cups sugar
2 tablespoons cocoa
2/3 cup milk
2 tablespoons Karo Corn Syrup
2 tablespoons butter
1 teaspoon vanilla

Cook all ingredients together except the butter and the vanilla. When it forms a soft ball remove from fire and add butter without stirring. When cool add vanilla and beat until ready to turn into a pan, adding one cup nut meats. When cool cut in squares.

Rho.

Chocolate Macaroons

1 can Eagle Brand Milk
2 cups shredded cocoanut
1 square chocolate (melted)

Drop from a spoon in large cookie pan and bake in moderate oven.

Mocca Bars

4 eggs
2 cups sugar
2 cups flour
1½ teaspoons Baking Powder
1 cup water
Flavoring

Bake in shallow pan.

Alpha Eta.

Brownies

2 eggs beaten light
1 cup sugar
½ cup melted butter
2 squares chocolate, melted
½ cup flour
1 teaspoon vanilla
½ cup walnuts (chopped fine)

Bake twenty minutes in cake pans. Cut in squares like fudge, when warm.

Buffalo Alumnae.

Nut Macaroons

1 egg white
1 cup brown sugar
1 cup pecans or hickory nuts
¼ teaspoon salt

Beat white of eggs stiff. Add sugar slowly. Add salt and nuts. Drop on a greased, floured pan. Bake in a moderate oven until medium brown.

Alpha Iota.

Venetian Cakes

½ cup butter
½ cup powdered sugar
3 eggs
1½ cups flour
¼ teaspoon salt
¼ cup pecan meats.
1 teaspoon vanilla

Cream the butter, add the powdered sugar, the egg yolks. Sift into this mixture one and one-half cups flour, salt, add the pecan meats and vanilla. Form in small round cakes and place a whole nut on top. Bake in moderate oven.

Iota.

Hoover Cookies

3 eggs
½ cup brown sugar
2 cups cornflakes
1 cup cocoanut
½ cup chopped walnuts

Mix in order given and bake in medium oven.

Alpha Gamma.

Brambles

1 cup raisins
1 cracker
1 cup sugar
1 egg
Juice of 1 lemon

Grind the raisins and cracker and mix all together. Then spread between pastry, which is rolled thin, and bake until brown.

Jumbles

2 cups sugar
4 eggs
1 cup butter
1 cup sour milk
4 cups flour
1 teaspoon soda
1 grated nutmeg

Mix ingredients, drop from spoon and bake in medium oven.

Buffalo Alumnae.

Hermits

½ cup sugar
2 eggs
Pinch salt
1 cup lard
1 cup sour cream
2/3 cup sour milk
1 teaspoon soda
All kinds of spices
Flour enough to roll
1 teaspoon baking powder

1 cup raisins, put through food chopper and floured.

Nu.

Quaker Crisps

2½ cups Quaker Oats
1 cup sugar
½ teaspoon salt
2 eggs
1 tablespoon butter
3 level teaspoons baking powder
1 teaspoon vanilla

Date Bars

1 package dates
1 cup walnuts
¾ cup sugar
½ cup flour
2 eggs
1 teaspoon baking powder
1 tablespoon lemon juice
½ cup powdered sugar
Salt

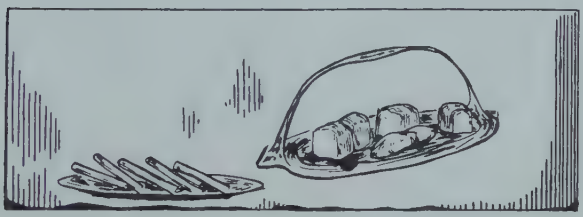
Beat eggs, add sugar gradually and continue beating until very light. Sift flour, baking powder and salt and add to chopped nuts and dates. Combine mixtures. Add lemon juice and bake in an oiled and lined square cake pan. Bake in moderate oven for twenty to thirty minutes. Cool, cut into bars and roll in powdered sugar.

Pineapple Pancake

Cream, one-half cup fat, gradually adding one and one-half cups sugar. Add one well-beaten egg. Sift two and one-half cups flour, two teaspoons baking powder, one-fourth teaspoon salt. Add to the first mixture alternately with 1 cup cold water. Melt two tablespoons butter and add one cup brown sugar, stirring until smooth. Spread with a layer of well drained crushed or grated pineapple, pour batter over this and bake forty minutes in a moderate oven. Turn out on plate, cool thoroughly, spread with whipped cream and serve.

Nu.

BREADS AND COFFEE CAKES



Bread and the Gospel make the staff of life,
The worthy poets have said,
Another essential, to have a good wife,
Who knows how to make good bread.

BREADS AND COFFEE CAKES

Bran Bread

2 cups sour milk	1 teaspoon baking powder
2 cups bran	1 teaspoon soda
2 cups white flour	1 cup nut meats
½ teaspoon salt	1 cup raisins or dates

Mix dry ingredients thoroughly. Then pour in milk and let set one-half hour. Bake slowly one hour.

Puget Sound Alumnae.

Graham Bread

½ cup cooking molasses	½ cup white flour
1½ cups sweet milk	1 scant teaspoon soda
2 cups graham flour	1 teaspoon salt

1 egg

Mix molasses, milk and dry ingredients. Add egg beaten until light and bake one hour. Makes one loaf.

Iota.

Spoon Bread

2 cups sour milk	Pinch of salt
2 eggs	1 tablespoon shortening
1 cup corn meal	½ teaspoon soda
1 tablespoon flour	1 teaspoon baking powder

Bake in a deep tin.

Puget Sound Alumnae

Nut Bread

4 cups flour
1 cup sugar
1 teaspoon salt
3 level teaspoons baking powder
1 well beaten egg
1½ cups sweet milk
1½ cups nut meats

Sift all dry ingredients together. Add egg, milk, nuts and raisins. When mixed and in pans, let rise twenty minutes. Bake one hour in slow oven.

Rho.

Nut Bread

4 cups flour
4 teaspoons baking powder
¾ cup brown sugar
1 egg
1½ cups sweet milk
1 cup walnuts
1 cup raisins
Salt

Add dry ingredients to egg, sugar and milk. Add nuts and raisins. When mixed and in pans, let rise twenty minutes before baking.

Alpha Gamma.

Nut Bread

5 cups flour
5 teaspoons baking powder
1 teaspoon salt
½ cup sugar
1 cup raisins
1 cup pecans
1 egg
2 cups milk

Let it rise twenty minutes in pans and bake one hour in moderate oven.

Iota.

Soft Gingerbread

2 eggs
½ cup sugar
½ cup butter
1 cup New Orleans molasses
1 teaspoon cinnamon
2 teaspoons ginger
¼ teaspoon cloves
1 teaspoon salt
2 teaspoons soda in 1 cup boiling water
3 cups flour

Bake in thin layers. Cut in squares.

Iota.

Brown Bread with Raisins

2 cups graham flour
1 cup wheat flour
¾ cup molasses
1 egg
1 cup sour milk
1½ teaspoons soda
Pinch of salt
1 cup raisins

Steam for one and one-half hours.

Lambda.

Brown Bread

1 cup molasses
1 cup sweet milk
1 cup sour milk
1 egg
2 teaspoons soda
1 cup corn meal
1 cup graham flour
1 cup flour
Salt.

Let steam two hours.

Iota.

Fairy Gingerbread

½ cup sugar
½ cup molasses
¼ cup butter
½ cup sour milk
1½ cups flour
1 teaspoon soda
½ teaspoon ginger
¼ teaspoon cinnamon

Mix as cake and bake in hot oven.

Snyder, N. Y.

Columbian Corn Bread

1 cup wheat flour
2 eggs
1 cup corn meal
4 teaspoons baking powder
4 tablespoons sugar
1 teaspoon salt
1¼ cups milk
1 tablespoon butter

Beat eggs well and add milk. Sift in dry ingredients and add melted butter last.

Iota.

Delicious Light Rolls

Take one and one-half cups warm milk, one yeast cake, flour to make a thin batter and let stand for one and one-half hours in warm place. Warm one and one-half cups milk, in which is melted one-third cup lard, and add one-fourth cup sugar, one teaspoon salt and two eggs, not beaten. To this add yeast batter and enough flour to make a batter no stiffer than can be stirred with a spoon. Let rise until very light (about three hours). Pour on floured board, roll out and cover with melted butter. Cut out with biscuit cutter and fold over in

Parker-House fashion. Let rise until very light. Bake fifteen or twenty minutes.

Iota.

Emergency Biscuits

2 cups flour
2 tablespoons butter
5 teaspoons baking powder
½ teaspoon salt
1 cup and 2 tablespoons milk

Mix dry ingredients and sift twice. Work in butter and gradually add milk until it is the consistency that may be dropped from a spoon without spreading. Drop by spoonfuls on a buttered pan, one-half inch apart and bake in a hot oven about eight minutes.

Alpha Iota.

Muffins

Sift two cups flour, four tablespoons baking powder, one-fourth cup sugar, one teaspoon salt. Add one egg, one and one-half cups milk, two tablespoons butter. Bake in oiled muffin pans from fifteen to twenty-five minutes.

Iota.

Luncheon Rolls

4 cups flour,
6 teaspoons baking powder
1 teaspoon salt
1 tablespoon shortening
1½ cups milk

Sift together the dry ingredients; add shortening and milk. Mix with spoon to a smooth dough easily handled on floured board. Turn out dough, knead a few

times to impart smoothness, divide into small pieces and form into short, rather thick rolls. Place on greased pans and allow to stand in warm place fifteen to twenty minutes. Brush with milk and bake in very hot oven. When almost baked, brush again with melted butter.

Iota.

Dinner Rolls

1 cup boiling water
2 tablespoons fat
2 tablespoons sugar
¾ teaspoon salt
¼ cup lukewarm water
1 yeast cake
1 egg yolk
About 3 cups sifted flour

Pour the boiling water over fat, sugar, salt, cool and when lukewarm, add dissolved yeast and beaten egg yolk. Add flour to make a soft dough. Knead until smooth, place in greased bowl, cover and put in warm place to rise until the dough doubles in bulk. Shape into rolls and put into well greased tins. Cover, put in warm place until light, and bake in hot oven about fifteen minutes.

Biscuits

2 level cups flour
1 heaping tablespoon lard
1 cup milk
2 rounded teaspoons baking powder
Salt

Mix well, adding milk last. Cut with small cutter and bake in hot oven.

Theta.

Doughnuts

1 cup sugar
4 teaspoons shortening
2 eggs
3 tablespoons cocoa
1 cup sour milk
1 teaspoon soda
Nutmeg
Salt
1 teaspoon vanilla

Mix ingredients and add enough flour so that it can be rolled out and cut. Fry in boiling fat.

Snyder, N. Y.

Puff Ball Doughnuts

3 eggs
1 cup milk
1 cup sugar
Butter size of small nut
½ teaspoon nutmeg
1 heaping teaspoon baking powder
Pinch of salt
Flour

Mix ingredients using enough flour to stiffen as can be stirred with a spoon. Drop by teaspoonfuls in boiling fat, roll in sugar. A piece of raw potato cooked in the grease while the doughnuts are cooling prevents them from soaking up the grease.

Iota.

Nothings

1 egg
1 tablespoon cream
2 tablespoons sugar
Pinch of salt
Flour

Mix, using enough flour to make it thick enough to roll. Fry in deep fat until brown. Drain on brown paper and dust with powdered sugar.

Iota.

Waffles

1¾ cups flour	1 cup milk
3 teaspoons baking powder	2 eggs
½ teaspoon salt	1 tablespoon butter

Mix and sift dry ingredients. Add milk gradually, yolks of eggs well beaten, melted butter, and whites of eggs beaten stiff. Cook on a greased hot waffle-iron. Serve with maple syrup or boiled cider, made by allowing twice as much cider as sugar and boiling until of a syrup consistency.

Alpha Iota.

Quick Coffee Cake

1 cup flour	1 tablespoon butter
½ cup sugar	1 egg
½ teaspoon salt	2 teaspoons baking powder

Sift dry ingredients three times and rub in butter. Put egg in cup and beat lightly, then fill cup with milk. Stir into dry ingredients and beat for a few moments. Pour into greased pie tin. Covering for top is made by rubbing one tablespoon butter in three flat tablespoons flour, two rounded tablespoons sugar and one teaspoon cinnamon. Sprinkle this over top of cake and bake.

Theta.

Coffee Cake

2 tablespoons butter
½ cup sugar
1 egg
¼ cup milk
1¾ cups flour
1½ teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon salt

Spread in a shallow pan and sprinkle with cinnamon and sugar. Bake one-half hour in moderate oven.

Iota.

Cinnamon Breakfast Cake

1 egg
1 cup sugar
1 cup milk
Butter size of an egg
Flour for stiff cake batter
2 teaspoons baking powder

Mix in order given and when in pan sprinkle cinnamon on top.

Lambda.

MILK, EGGS AND CHEESE



"Cry over spilt milk,
Said a wise old cow,
Just think of the good things
Made out of it now."

MILK, EGGS AND CHEESE

Cheese Fondue

2 cups coarse bread crumbs
1 cup milk
½ cup grated cheese
4 tablespoons butter
1 teaspoon salt
⅛ teaspoon pepper
3 egg yolks
3 egg whites

Cook first six ingredients together, then add the beaten yolks, and fold in stiffly beaten whites. Bake in hot oven fifteen to twenty minutes.

Iota.

Cheese Souffle

2 tablespoons butter
3 tablespoons flour
½ cup scalded milk
½ teaspoon salt
Few grains cayenne
½ cup grated cheese
3 egg yolks
3 egg whites

Melt butter, add flour, when well mixed, add gradually scalded milk. Then add salt, cayenne, cheese. Remove from fire. Add yolks, beaten stiff. Pour into a buttered baking dish. Bake twenty minutes in a slow oven. Serve at once.

Alpha Iota.

Toasted English Muffins

Beat one egg, add as much grated cheese as egg will take up. Season, add paprika and Worcestershire sauce. Spread on two slices of bread and on top of each lay two thin slices of bacon. Place under gas

flame until bacon is crisp. Filling one-fourth inch thick. English muffins may be used. If so, split muffins and toast. Spread with grated cheese, season with salt and cayenne. Put in oven until cheese begins to melt. Serve garnished with olives and lettuce. One teaspoon cheese to half muffin. Cream cheese may be used.

Phi.

Rinky Ditty

Melt butter, size of an egg, add one tablespoon flour, stir until smooth. Add one cup milk, one cup tomato soup strained, one well beaten egg, three-fourths pound cheese. Season with salt and pepper. Cook until cheese is melted. Serve on soda crackers or hot toast.

Alpha Gamma.

Rice and Cheese Croquettes

2 cups boiled rice
½ cup grated cheese
¼ teaspoon salt
1 beaten egg

Mix in the order given. Shape in cylinders, dip in egg, crumbs, and in egg again. Fry in deep fat.

Cheese Balls

1½ cups grated cheese
1 tablespoon flour
¼ teaspoon salt
3 egg whites
Cayenne
Cracker dust

Mix cheese with flour and seasonings. Beat whites of eggs until stiff and add to first mixture. Shape in

small balls, roll in cracker dust, fry in deep fat, and drain on brown paper. Serve with salad course.

Upsilon.

Cayenne Cheese Straws

2 tablespoons butter
2 tablespoons grated cheese
Pinch of salt
Few grains cayenne pepper
1 egg yolk
½ cup flour

Mix ingredients and if not sufficient flour, add enough to make a light dough. Roll thin, cut into straws and bake.

Welsh Rarebit

1 cup medium white sauce
¼ cup grated cheese
Salt
Mustard
1 slice buttered toast
Pepper
Paprika
Worcestershire Sauce

Heat the white sauce. Add the grated cheese, stirring constantly until it is melted. Add the seasonings and serve at once.

Alpha Zeta.

Welsh Rarebit

1 cup hot milk
¼ pound grated cheese
½ teaspoon salt
¼ teaspoon mustard
1 teaspoon flour
1 egg
Dash cayenne pepper
1 teaspoon butter

Heat milk. Mix grated cheese, flour, mustard, salt, pepper and egg well beaten, in a saucepan, add hot milk slowly. Cook until smooth and creamy. Serve hot on crisp hot toast.

Cheese Croquettes

1 heaping cup grated cheese
1 scant tablespoon mustard
2 potatoes, mashed
1 cup cream
½ teaspoon salt
Yolks of 2 eggs
Dash red pepper

Boil the above ingredients, adding butter size of small egg, and one tablespoon flour, until it thickens. Pour out on a dish to cool. Mould, roll in egg and crumbs. Fry in deep fat.

Custard

1 quart milk
4 or 5 eggs
½ teaspoon salt
1 teaspoon vanilla
¾ cup sugar

Scald the milk in a double boiler and pour it over the slightly beaten eggs. Return to the double boiler and let the custard thicken. Add the salt and flavoring and let cool.

Baked Custard

Beat four to six eggs slightly, add nine tablespoons sugar, one-fourth teaspoon salt, pour on slowly four cups scalded milk. Strain in buttered moulds. Set in pan of hot water. Sprinkle with nutmeg, and bake in a moderate oven until firm. This may be determined by introducing a silver knife into the custard. Knife will come out clean, if custard is done.

Cold Egg-Nog

1 egg white
⅛ teaspoon salt
2 tablespoons sugar
½ teaspoon vanilla
1 egg yolk
½ cup cream, milk or ice water
Few grains nutmeg

Beat the salted white of the egg until it becomes stiff, add the sugar and the unbeaten egg yolk, mix these ingredients well with the beater and stir in the cream, the milk or the ice water. Part cream and part ice water may be used, or part milk and part ice water. Add flavoring, and if desired, a few grains of nutmeg. Serve at once.

Hot Egg-Nog

Prepare the hot egg-nog following the directions for Cold Egg-Nog, heat the milk in a double boiler before it is added.

Puff Omelette

Beat the yolks of three eggs with one cup of milk; add a pinch of salt; a teaspoon of butter, one of flour, sugar to taste. Put this in a hot buttered pan, stir until it thickens, then add the whites of eggs well beaten. Flavor to suit your taste, lemon or vanilla is very nice.

A Nice Breakfast Dish

Take good sized tomatoes, hollow out center; break an egg in, add salt, pepper and a lump of butter. Bake until done. Butter toast, set tomato on toast, serve hot.

Egg Rings

One cup chopped meat, one cup bread crumbs, salt, pepper, one egg and water enough to moisten. Put the mixture into well greased gem tins, filling one-half full. Break a raw egg in the center of each, season and bake.

Egg Vermicelli

4 hard cooked eggs 4 slices toast
1 cup white sauce

Cook eggs as for hard cooked eggs. Make a thin white sauce. Prepare the toast. Separate the yolks from the whites of the eggs. Chop the whites and add to the white sauce. Arrange the toast on a platter, pour the sauce over it and rub the yolks through a strainer over the top of the sauce. Garnish with parsley and and serve at once.

Eggs, Grand Duc

Set carefully poached eggs on squares of toast, for four eggs, prepare a cup of cream sauce, and into it stir about one-third a cup of grated cheese and one-fourth a teaspoon paprika. Pour the sauce over and around the eggs, garnish the dish with cooked asparagus tips.

Egg in Nest

Separate one egg. Beat white very stiff with one-eighth teaspoon salt. Heap on buttered tin. Make nest or hole in center and carefully slip yolk in without breaking. Season with a little salt and set in oven to bake slowly about ten minutes. Remove carefully to slice

of buttered toast. Season with a little butter on yolk and serve at once.

Toasted Egg with Cheese

Cut bread in large rounds and toast. Make a wall of grated cheese around edge of toast. Break an egg in the center and cook in hot oven until egg is set.

Honeycomb Eggs

Put a piece of butter the size of an egg into a dish, set in the oven to heat. Break six eggs into a bowl, add one-third teacup sweet cream, beat well, add a little salt. Pour into the hot dish with the butter, bake in a hot oven about sixteen minutes, or until it is all light and like honeycomb.

SANDWICHES



As it takes many flowers to make up a bunch,
So, sandwich variety, makes a good lunch.

SANDWICHES

Toasted Walnut Sandwiches

½ cup cream or cottage cheese
1 tablespoon vinegar
½ teaspoon paprika
1 loaf graham or white bread
2 tablespoons salad oil
½ teaspoon salt
6 tablespoons chopped English Walnut meats

Mix oil, vinegar, salt, paprika, and then mix with cheese. Cut bread in one-fourth inch slices, spread with the mixture and sprinkle with the nuts. Put together in pairs, remove crust, and cut in finger-shaped pieces. Toast and pile in log-cabin fashion. Serve with salad.

Alpha Iota.

Date Sandwiches

Mix equal quantities of dates and walnut meats finely chopped. Mix to a paste with sweet cream or creamed butter, spread the mixture on thin slices of white, whole wheat or Boston brown bread.

Iota.

Sherry's Special

On toast cut in triangles, garnished with shredded lettuce, place finely chopped ham, chopped egg, shredded lettuce and Russian dressing. Serve as an open sandwich.

Phi.

Club Sandwiches

Butter two slices of bread; on one place a thin slice of chicken, broil a thin piece of raw ham, while hot, place it on the other piece of bread, dip a leaf of lettuce in a small quantity of salad dressing, place it between the meats, making a sandwich; trim and serve quickly as possible.

Date and Cheese Sandwiches

Make a paste of dates and Neufchatel or cottage cheese, spread on thin slices of thinly buttered bread.

Iota.

Combination Sandwich

12 stoned olives
6 gherkins
½ cup celery
¼ cup nut meats

Chop all fine, drain, moisten with mayonnaise, and spread on thin slices of thinly buttered white bread.

Iota.

Russian Sandwich

1 cream cheese
2 teaspoons olives
1 teaspoon pimento
1 hard cooked egg
¼ teaspoon salt

Cream the cheese, chop the remaining ingredients and combine with Russian dressing. Serve on Graham bread

Russian Dressing

½ cup Mayonnaise
1 tablespoon pimento cut in pieces
1 tablespoon olives cut in pieces
¼ cup Chili Sauce
1 tablespoon green pepper cut in pieces
¾ teaspoon Escoffier or Worcestershire sauce

Phi Chapter.

Toasted Cheese Sandwiches

Spread thin slices of bread with creamed butter, place between two pieces of buttered bread, thin slices of cream cheese sprinkled with cayenne. Toast on both sides and serve hot with salad.

Iota.

Toasted Cheese Sandwiches

Partly toast two slices of bread, put a slice of American cheese between them, and finish toasting.

Chicken Salad Sandwiches

Take one cup of finely chopped cold chicken, add one cup celery cut very fine, and four tablespoons mayonnaise. Spread between slices of buttered white bread.

Japanese Sandwich

Cook figs until skins are tender. Drain and cool. Chop very fine and add an equal amount of ground nuts. Cut bread very thin and spread with mixture. Serve at "Japanese Tea."

Sandwich Fillings

1. Chopped olives, cream cheese and shredded lettuce.
2. Chopped cucumbers, shrimp moistened with mayonnaise.
3. Minced ham with pickles and seasoned with mustard.
4. Olives, chopped with cream cheese.
5. Flaked salmon with mayonnaise on rye bread.
6. Chopped pineapple, nuts and a little celery mixed with mayonnaise.
7. Dates and pecans with or without cream cheese or mayonnaise.

Walnut Butter for Sandwiches

Blanch the kernels of English walnuts by scalding and skinning them. Set in an oven to dry. When cool and crisp put through a meat chopper, and rub to a paste with butter.

Sweet Nut Sandwiches

Fix nuts as for Walnut butter, beat the white of an egg stiff with two tablespoons of powdered sugar and stir into it all the minced nuts the meringue will hold. Spread between lady fingers or sponge cake.

Cinnamon Toast

Cut thin slices of bread. Toast on one side, then spread the other side with a mixture of butter creamed

with sugar and cinnamon. Place in oven for a few minutes until the mixture is melted. Turn out the gas and let the heat of the oven melt it.

Tea Wafers

Mix the desired portion of cream cheese with cream, a few grains of salt and a dash of paprika to make a soft mixture but one firm enough to hold its shape. When ready to serve, toast crackers, put a spoonful of the cheese on each with a slice of stuffed olive on the cheese.

Date Sandwich

Wash dates in tepid water, dry and stone them, remove scales and the inner skin near stone, if it be tough; add an equal amount of finely chopped walnuts, and moisten with soft butter or cream, till it can be spread on slices of bread. Cover, press together and cut in triangles. Combine figs and pecans, or raisins and almonds in the same way.

Egg Sandwiches

Mince hard eggs very fine, mix with minced olives or cress, or parsley; moisten with softened butter or mayonnaise; season to taste and spread between sliced bread. Or combine yolks with an equal amount of potted ham.

Cream Cheese Sandwiches

Cut thin rounds of rye bread, add enough rich cream to cream cheese to enable you to whip to a consistency to spread nicely, adding enough English mustard to make a golden color and flavor nicely. Spread inch thick on the bread. Grate over it a quarter of an inch of cold boiled ham. Place a few shreds of olives over this and serve cold and fresh. Double cream whipped very dry and stiff may be used instead of the cream cheese.

Peanut and Olive Sandwiches

One cup peanut butter, one dozen olives, minced; season with lemon juice and salt. Spread on bread.

Tuna Fish Sandwiches

Shred one can tuna fish, add two hard boiled eggs finely chopped, and enough salad dressing to make a mixture that may be spread on thinly sliced white bread.

Cucumber Sandwiches

Peel and slice one cucumber, let stand in a dish of mayonnaise a few minutes; place the sliced cucumbers on thinly sliced buttered white bread.

Sardine Sandwich Filling

1 dozen small sardines
1 teaspoon horseradish or mustard
1 tablespoon pimento paste
1 tablespoon chili sauce
2 hard-cooked eggs

Scrape the skin slightly from the fish. Chop the eggs fine and blend with the sardines, also the seasonings. Add a little of the sardine oil. Instead of the chili sauce a little lemon-juice may be used or tomato catsup. Use as a filling between white or brown bread.

Shrimp Filling

Canned or fresh cooked shrimps
Minced cress
Stuffed olives
Thick mayonnaise
Hard boiled eggs

Break the shrimps into small pieces, and to each two dozen shrimps use one dozen olives and two hard-boiled eggs minced fine. Moisten with thick, well-seasoned mayonnaise and use as a filling on buttered bread.

Piquant Beef Filling

Cold cooked beef
Thick mayonnaise
Sweet cucumber pickles
Chopped pimento

Run the beef through the meat chopper. Add to each cup of this two small minced sweet pickles and a tablespoon of minced pimento. Minced onion or parsley may be used instead of the pimento if preferred. Moisten with the thick mayonnaise and spread on buttered bread and form into sandwiches.

Chicken Filling

2 cups cooked chicken
¼ cup lean boiled ham
1 cup canned mushrooms
Salt and white pepper
Mayonnaise

Mince the chicken and ham very fine, and the chopped mushrooms. Season with salt and pepper and if liked a grating of nutmeg. Add enough of the cream sauce, or mayonnaise to make the right consistency for spreading. Spread generously on buttered slices of bread, and press together in sandwich fashion.

Egg Filling

6 hard-boiled eggs
Salt and pepper
1 tablespoon anchovy paste
Thick cream

Rub the yolks of eggs and the paste to a creamy consistency with a little cream. Season well with salt and paprika.

CANDY



The sweetest expression of a lover's heart,
Is oft found in the box,
He brings his sweetheart.

CANDY

Penoche

2 cups brown sugar
¾ cup milk
Pinch soda
2 tablespoons butter
1 teaspoon vanilla
1 cup chopped nuts

Boil sugar and milk until it forms soft ball in water. Remove from fire, add butter, flavoring and nuts. Beat until creamy and thick. Pour into buttered dish and when firm, cut into squares.

Sigma.

Rainy Day Special

2 cups sugar
½ cup milk
⅓ cup white Karo
Butter size of a walnut
Chocolate to suit taste
1 tablespoon marshmallow cream
1 teaspoon vanilla

Mix sugar, milk, karo, butter and chocolate and boil until it forms a soft ball in cold water. (Two to five minutes.) Remove from fire, add marshmallow cream and vanilla and beat until dull in appearance. Pour into buttered tin and when partially cool cut in squares. If desired, one cup of nuts may be added while beating.

Colorado Alumnae.

Taffy

2 cups sugar
½ cup boiling water
2 tablespoons vinegar

Cook quickly until it forms hard ball; then pour into buttered dish. When cool enough to handle, pull hurriedly and when hard pull in long strings and cut.

Sigma.

Divinity

2 cups sugar ¾ cup boiling water
⅛ teaspoon cream of tartar

Combine ingredients and let boil in a covered pan until a small amount dropped in cold water will be crisp, and crack when broken.

Remove from fire and pour very slowly onto the very stiffly beaten whites of two eggs.

When almost ready to pour out add a half cup of black walnuts. Iota.

Divinity

3 cups sugar ½ cup Karo syrup
½ cup water

Put on stove and boil until it forms a hard ball in cold water. Beat three egg whites and gradually beat the mixture in. Add any kind of nuts desired. Pour in buttered dish and cut.

Sigma.

Potato Candy

1 medium sized potato 1 pound confectioners sugar

Boil the potato, and peel and mash. Add the sugar and knead like fondant; shape it and roll in cinnamon. Cocoanut may be added.

Stuffed Dates

4 figs
½ cup nut meats
6 prunes
½ teaspoon cinnamon
¼ teaspoon cloves
Lemon or orange juice

Wash prunes and figs and steam for five minutes. Remove stones from prunes, put all ingredients through chopper, add spices and mix well. Moisten with lemon or orange juice if too dry. Stone dates and fill with mixture. Roll in granulated sugar. Sufficient to fill thirty dates.

Phi.

Peanut Brittle

1 cup sugar
¾ cup peanut meats

Melt the sugar in a small iron pan over a slow fire, stirring constantly. Mix the nuts with the syrup. Pour the mixture on a marble slab or on the bottom of an inverted pan. Mark the candy in squares. Break it in pieces when it is cool.

Alpha Beta.

Pecan Balls

2 cups sugar
1 cup water
½ teaspoon cream tartar

Cook until it makes a soft ball in water. Remove and cool slightly and then beat until it begins to cream. Add any amount of whole pecans. While still warm roll into small balls, working fast.

Sigma.

Crystallized Mint Leaves

Wash mint leaves and remove from stems. Brush each leaf with stiff egg white. Cover with sugar and put in warming oven to dry. Keep in stone jars.

Phi.

Miami Fudge

4 cups brown sugar
1 cup cream
½ cup butter
¼ cup molasses
1 cup nut meats
6 squares chocolate
1 teaspoon vanilla

Melt the chocolate. Add the sugar, molasses, and cream. Stir until the sugar is dissolved and cook without stirring until it forms a soft ball. Remove from the fire. Add butter and vanilla and let cool. Beat until creamy, add nuts and pour into buttered pans. Cut in squares.

Alpha Iota.

Fudge

2 cups maple, or brown sugar
1 cup white sugar
2 teaspoons butter
¾ cup cream

Boil until mixture will make a good ball in cold water. Stir, after it is cooked, until cool and add nuts.

Nu.

Fudge

2 cups sugar Lump of butter 1 cup milk

Heat until it foams up, add cocoa, or chocolate, until dark enough. Stir continually. When it makes a soft ball in cold water remove from stove and allow to cool. When cold beat until smooth.

Fudge

2 cups sugar
2 squares chocolate
¾ cup boiling water
⅛ teaspoon cream tartar

Combine ingredients and place pan over slow gas until mixture begins to boil, then cover pan and let mixture boil rapidly until a very soft ball can be formed in cold water. Remove pan from fire and cover top of fudge with melted butter, also sides of pan, to prevent sugaring. Cover pan of fudge and place in a larger pan of water and let stand until almost cool. Then add vanilla and beat. And when poured out, can be cut immediately.

Iota.

Ocean Foam

2 cups sugar
½ cup water (Scant)
½ cup honey or karo

Let boil a few minutes, take out scant half cup and put with beaten white of one egg. Beat; allow the other to boil until it forms a hard ball in water. Add flavoring and remove from fire. Half cup of walnuts, and chopped maraschino cherries may be added if desired. Stir and pour into buttered dish, and cut in squares.

Ping Pong Caramels

1 pint cream or milk
2½ cups molasses
2 cups butter
2½ cups walnuts
1 teaspoon ginger extract

Cook the milk, molasses and butter in a saucepan and boil until the hard ball stage. Stir while boiling. Remove from fire and add ginger and nuts.

Yellow Jack

4 cups molasses 1 teaspoon soda
1 teaspoon lemon juice

Put the molasses into a large sauce pan and boil and stir until it will harden in cold water. Remove from the fire. Add soda and lemon juice, then pour into buttered pans to cool. When cold pull until light yellow. Draw out and break or cut into pieces.

Strawberry Turkish Paste

Use canned strawberries. If the strawberries were canned with sugar equal to half the weight of the berries, additional sugar will not be needed. Drain the berries from the syrup. Pour one cup and one-fourth of the syrup over three tablespoonfuls of granulated gelatine. When the gelatine is thoroughly softened, let boil twenty minutes; at the end of ten minutes, add one cup of the berries and the juice of one lemon, then finish boiling. Pour into a bread pan and let stand overnight. Loosen at one end and pull from the pan. With a round cutter, dipped in hot water, stamp into circles or squares. Let stand exposed to the air to dry.

Fruit and Nut Fudge

1 level teaspoon baking powder
2 level cups sugar
½ cup molasses
½ cup cream
½ cup butter
½ cup grated chocolate
2 level tablespoonfuls chopped preserved ginger
2 level teaspoons stoned and chopped dates
½ cup chopped walnut meats
½ cup blanched and chopped almonds
1 teaspoon lemon extract
1 teaspoon orange extract

Boil together for seven minutes, sugar, molasses, cream and butter, stirring all the time; add chocolate and boil seven minutes more, then add fruit, baking powder and nut meats; stir constantly until it forms a soft ball when tried in cold water, add extracts. Remove from fire, put pan into larger pan of cold water and stir until creamy. Pour into buttered tins and mark into squares when half cold.

Caramels

2 cups sugar
¾ cup Karo corn syrup
½ cup butter
2 cups cream

Put sugar, Karo, butter, one-half of cream, over fire and stir until the mass boils thoroughly. Then gradually add the rest of the cream so as not to stop

the boiling. Stir very often. Cook until it forms a firm ball between the fingers when tried in cold water. Then add one teaspoon vanilla and nuts if desired.

Candied Orange Peel

Peel of one orange (do not remove any white), one cup sugar. Cut peel in strips and cover with cold water. Bring to boil and cook for five minutes. Drain. Cover with cold water and boil five minutes. Drain. Again cover with cold water. Boil five minutes and drain lightly. Add cup of sugar and cook slowly until syrup forms soft ball in cold water. Take from fire and stir until granulated. Pack in candy jar or in oiled paper box. Delightful served with tea.

Crystallized Grapes

Prepare a sugar syrup just as for boiled cake frosting. When the syrup threads, dip whole bunches of Malaga grapes (from which all imperfect grapes have been picked) into the syrup, let drip a moment and then roll in sifted granulated sugar. To keep the syrup from becoming too thick and forming heavy globules on the grapes, place pan of syrup in a pan of boiling water and work fast. Grapes such as Tokay and Muscatel may be crystallized in the same way.

Marshmallows

2 cups sugar
10 tablespoons water
½ package Knox's gelatine
½ cup cold water

Boil the sugar and the water until the solution will spin a thread from the tines of a fork.

Pour the syrup over the gelatine which has been softening in the cold water, and beat the solution with a Dover egg beater; when it becomes too stiff to beat longer with the egg beater, use a large perforated spoon and continue beating the candy for thirty minutes more. Add the vanilla just before turning the candy into the pans. Use shallow, square-cornered pans which have been coated with powdered sugar, pour in the mixture to a depth of three-fourths of an inch, cover it with powdered sugar and cut it into cubes; roll the marshmallow cubes in powdered sugar and pack them in a tin box or in a jar to keep them from drying.

Peppermint Drops

2 cups sugar ½ cup water
10 drops oil of peppermint

Put sugar and water on stove together over a steady fire. Boil for five minutes. Remove from the stove, add the oil of peppermint, beat until a little cloudy and drop with a teaspoon on buttered paper.

Pop Corn Balls

¾ cup light brown sugar
¾ cup white sugar
½ cup molasses
½ cup water
1 tablespoon vinegar
¼ cup butter
¼ teaspoon soda

Put brown and white sugar with molasses, water and vinegar in a saucepan. Let it cook until it spins a thread, then add butter. When the hard ball stage

is reached add soda and remove from fire. Put hot syrup over the popped corn. Wet the hands and press into balls.

Cocoanut Cream Candy

Mix the white of one egg and half the quantity of water in a bowl. Add scant teaspoon vanilla. Add one pound of confectioners sugar and one and one-half cups of cocoanut. Mix well. Add more sugar until mixture is stiff enough to spread in a pan. Allow it to stand for an hour, then cut into squares.

Fruit Balls

1 box dromedary dates
1 pound figs
½ cup mixed nut meats
1 cup raisins

Put through the grinder and then form in small balls and roll in granulated sugar.

Glazed Nuts

One cup sugar and one teaspoon glucose. Boil until it becomes very light brown. Turn off heat. Drop nuts into syrup, then onto very cold, well greased platter. Preserved ginger, or boiled, well dried French chestnuts may be substituted.

Creamed Walnuts

Omit the cocoanut used in cocoanut cream candy. Add scant teaspoon vanilla. On each side of a small ball of cream put half a walnut meat. Press together and place on waxed paper to harden.

Salted Almonds

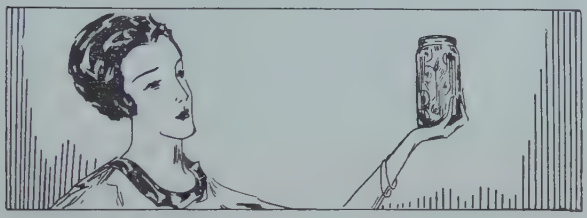
1 cup almonds
1 pint water
½ cup salt
2 teaspoons butter

Blanch almonds. Heat the water and salt and when boiling add nuts. Cook eight minutes. Drain and place in baking dish, with butter scattered over them. Bake, stirring frequently, until a light brown. All butter should be absorbed.

Salted Almonds

Blanch almonds and dry in a cloth. Put a cup of olive oil in a pan and heat. Fry the nuts, a few at a time, in the hot oil, stirring constantly, until they turn a delicate brown. Remove with a cake spoon and drain well. Spread them on several thicknesses of paper and sprinkle well with salt. Let them get very cold before putting away. Pour the oil back in a bottle, as it can be used several times, if kept in the ice box.

PICKLES, RELISHES, PRESERVES



What we cannot eat, we can,
When summer warm is nigh,
But we soon eat what we can,
When winter snows pile high.

PICKLES, RELISHES, PRESERVES

Dill Pickles

4 parts water to
1 part vinegar
dill
Grape leaves
Medium-sized cucumbers
Alum

Boil the vinegar and water with a little pinch of salt. Wash cucumbers and pack into jars with grape leaves and dill. Fill jars with boiled mixture and add pinch of alum. Seal tightly and keep in cool place.

Iota.

Sliced Tumeric Pickles

1 dozen cucumbers
6 onions
1 teaspoon celery seed
2 teaspoons mustard
1 pint vinegar (weakened)
½ teaspoon tumeric

Cook until you think they are done.

Alpha Eta.

Mustard Pickles

2 quarts cucumbers (50)
2 quarts small onions
2 large heads cauliflower

Soak in salt water overnight, drain, and cook in weak vinegar until tender.

Dressing for Mustard Pickles

1 quart vinegar
1 pound brown sugar
1 ounce celery seed
1 ounce dry mustard
½ cup butter
4 small red peppers (chopped fine)
1 teaspoon tumeric
3 tablespoons flour

Cook all together until thoroughly dissolved, then pour over pickles and cook until proper thickness. Drain vinegar off pickles before adding dressing.

Mustard Pickles

½ cup salt
1 cup sugar
1 cup ground mustard
1 gallon vinegar

Put the pickles, after washing, in a weak brine in a crock, and let stand overnight. Then put in the prepared vinegar and weight down.

Alpha Eta.

Sweet Pickles

Put one-half cup of salt over one-half gallon small cucumbers and cover them with boiling water. Let stand overnight. Drain. Take one cup vinegar, three cups boiling water, alum size of a pea and let cucumbers come to boil in this. Drain and pack in jars. Make a boiled syrup of two cups vinegar, one cup water, two cups sugar, and 1 teaspoon mixed spices. When boiling hot, pour over the pickles and seal.

Iota.

Mixed Pickles

1 quart small white onions
1 quart small whole cucumbers
1 head cauliflower
6 green peppers

Put these in a weak brine overnight. In the morning, scald it and drain thoroughly. Then to one quart vinegar, add two tablespoons mustard, one tablespoon

flour, one and one-half cups sugar, one tablespoon tumeric, and boil until well cooked. Add vegetables, scald, put in jars and seal while hot.

Pickles (Cold Process)

2 quarts vinegar
1 pint water
2 cups light brown sugar
½ cup mustard
¾ cup salt
2 green peppers
Horseradish

Pickled Cherries

12 pounds cherries
1 quart Heinz malt vinegar
4 cups sugar to each 6 cups cherries

Seed cherries and cover with the vinegar and let stand for twenty-four hours, then drain. Next, cover with sugar and allow to stand for two weeks, stirring about twice a day. No sealing necessary.

Sweet Watermelon Pickles

Peel off green and pink part of the watermelon rind, cut in one inch squares, cover with water, adding one teaspoon of powdered alum for every two quarts of rind, and let soak overnight. In the morning, drain, cover with fresh water, and let boil until done (pierce with fork). Drain again. To one pint vinegar, add three cups sugar and two dozen whole cloves tied in a cheese cloth bag. Let this come to a boil, add rinds, and boil slowly until they are transparent. If necessary, add a little more vinegar and sugar in the same proportions as before.

Catsup

1 crate tomatoes
6 large onions cut fine
2 tablespoons pickling spices
½ cup salt
1 tablespoon allspice
1 tablespoon black pepper
1 tablespoon red pepper
2 tablespoons cinnamon
1 teaspoon dry mustard

Boil this mixture. When onions and tomatoes are all mashed up fine, strain. Then pour back into kettle, add one-half cup sugar, more red pepper if desired, and one quart vinegar. Boil until it gets rather thick and bottle air tight.

Pepper Hash

4 red peppers
4 green peppers
small onions
¾ tablespoon salt
¾ cup vinegar
½ cup brown sugar

Wash peppers, remove core and seeds. Chop fine. Cover with boiling water, let stand ten minutes and drain. Add salt, sugar, vinegar and onions. Let hash boil slowly for ten or fifteen minutes. Pack in sterile jars and seal at once.

Upsilon.

Pepper Hash

12 green peppers
12 red peppers
12 medium sized onions

Cut peppers in halves and remove seeds. Put onions and peppers through meat grinder. Cover with water, add one-half cup salt, and boil ten minutes.

Drain. Cover with pint of vinegar and one cup sugar and cook twenty-five minutes. Bottle and seal.

Colorado Alumnae.

Chili Sauce

12 ripe tomatoes
2 onions, chopped fine
vinegar
2 tablespoons sugar
4 ripe peppers
cinnamon
Spice
mustard seed

Boil for one hour.

Tomato Relish

2 green seedless peppers
2 onions
1 cup celery
1 tablespoon salt
1 tablespoon white mustard seed
1 cup sugar
1 cup vinegar

12 large ripe tomatoes

Drain well and chop tomatoes, peppers, onions, and celery. Add other ingredients and can without cooking.

Theta.

Green Tomato Chow-Chow

8 pounds green tomatoes
1 small cauliflower
4 cucumbers
12 small stalks celery
2 cups small onions
3 red peppers
2 quarts string beans
2 cups salt
2 tablespoons mustard seed
1 tablespoon cinnamon
1 tablespoon cloves
1 tablespoon allspice
1 tablespoon pepper
2½ quarts vinegar

Prepare the vegetables and chop them or put them through a food chopper, using the coarse knife. Put the prepared vegetables into a porcelain kettle, sprinkle them with the salt, let the mixture stand twenty-four hours and drain. Bring the vinegar and spices to the boiling point, add the vegetables and cook them until they become tender and transparent. Seal the chow-chow in jars or put in a covered crock.

Green Tomato Mince Meat

4 quarts green tomatoes, ground fine
2 pounds brown sugar
1 pound seeded raisins
½ pound citron, ground fine
1 teaspoon salt
½ cup vinegar
½ cup butter
1 tablespoon cinnamon
1 tablespoon nutmeg
1 tablespoon cloves

Grind tomatoes and drain. Let simmer in cold water for one-half hour, then bring to a boil and drain again. Add all other ingredients except the spices and cook until thick. When cold, add spices, put in jars and seal.

Mint Jelly

5 sprigs mint
2/3 cup water
1¼ tablespoons gelatine
½ cup cold water
½ cup sugar
juice of 1 lemon
green color paste

Boil sprigs of mint and the water for five minutes. Soak gelatine in one-half cup cold water; add to boiling mint and water, with sugar and lemon juice. Color

a delicate green with vegetable color paste; strain into four small molds, chill, and serve with roast lamb or lamb chops.

Chantilly Apple Sauce

5 medium sized sour apples
½ cup sugar
5 tablespoons freshly grated horseradish
5 tablespoons whipped cream (seasoned with salt)

Pare, core and cut the apples in slices, cook with as little water as possible, when quite dry, rub through a sieve. To this pulp, add sugar, horseradish, and whipped cream. Serve at once with roast goose, ducks, or roast pork.

Gingered Pears

8 pounds pears
8 pounds sugar
½ pound crystallized ginger
½ pound walnuts
2 oranges
2 lemons

Cook the cut up pears in enough water to prevent burning (about half a pint) until soft. Then add the finely cut oranges and lemons, also the candied ginger. Cook the whole until thick. When nearly done, add the chopped nuts. Iota.

Peach Marmalade

5 pounds peach pulp
4 cups water
5 pounds sugar
Juice of 3 lemons

Scald the peaches, dip in cold water and remove skins. Cut the peaches in thin slices or chips. Cook the pulp in the water for one hour, or until it becomes soft. Add the sugar and the lemon juice and cook another hour, stirring almost constantly to prevent burning. Pour it into sterilized jars or glasses. Seal.

Alpha Zeta.

Orange Marmalade

4 oranges 1 grapefruit 2 lemons

Slice all the fruit in very thin pieces, add three times as much water as fruit. Cook fifteen minutes. Then let stand overnight. Measure mixture and add equal amount of sugar and cook about two hours, or until it jells.

Colorado Alumnae.

Grape Conserve

6 pounds Concord grapes
3 pounds sugar
1 pound raisins
½ pound English walnut meat

Remove pulp from grapes and cook pulp and skins separately for twenty minutes. Run pulp through colander to remove seeds, then cook all the ingredients together for twenty minutes or until thick. Fill jelly glasses and when cold cover with paraffine.

Iota.

Grape Conserve

4 cups grape pulp
4 cups sugar
1 orange
½ lemon
½ cup nut meats

Slice the orange and lemon very thin. Mix all the ingredients except the nut meats. Cook for one and one-fourth hours. Add the nut meats. Pack in clean jars, seal, wash and label.

Alpha Zeta.

LES PETITES AIDES



Every woman knows everything,
Is a saying tried and true,
But who knows if these few pages here,
May not teach you something new?

LES PETITES AIDES

In Boiling Eggs—Sing or hum the tune, "Nearer, My God, to Thee." One verse, they will be cooked just right. Two verses, they will be well done.

Stains

1. Blood Stain. Wash in cold water until the stain turns brown; then wash with Fels Naptha soap in warm water.

2. Brass stain. Rub either lard or oil on the stain, then wash with warm water and soap.

3. Chocolate stain. Wash in cold water.

4. Coffee stain. Wash in cold water, then in warm soapy water.

5. Cream stain. Wet in cold water and wash with cold water and soap.

6. Fruit stain. Spread the stain over a bowl and pour boiling water on from a height.

7. Peach stain. Soak stain in milk, dry, and put in the wash.

8. Glue stain. Apply vinegar with a cloth until the stain is removed, or apply boiling water as for fruit stains.

9. Grass stain. Apply boiling water as for fruit stains. If the color may be affected, use a paste of soap and cooking soda; spread this on and allow to stand for several hours.

10. Indigo stain. Boiling water as for fruit stains.

11. Ink stain. If the stain is fresh, place it in milk and let stand, otherwise use oxalic acid. Wet stain in cold water, pour acid on stain, let stand a few minutes, wash in ammonia water.

12. Iodine stain. Wash while fresh in Fels Naptha soap and warm water.

13. Iron rust. Spread stain with lemon juice and salt, and lay in sun.

14. Kerosene stain. Wash with soap and warm water.

15. Machine oil stain. Wash with Ivory soap and cold water.

16. Medicine stain. Use soap in alcohol.

17. Mildew stain. Cover with lemon juice and place in sun.

18. Milk stain. Wash in cold water, then in cold soapy water.

19. Mucus stain. Soak in cold water to which salt has been added in proportion of two to four tablespoons to one quart water.

20. Paint stain. Rub with benzine, turpentine, chloroform, or naphtha. The last two are best to use for delicate colors.

21. Perspiration stain. Wash in soapsuds and place in sunshine.

22. Scorch stain. Hang in sunlight; moisten and place in sun.

23. Varnish stain. Wet stain with alcohol, turpentine, chloroform, or vinegar, let stand and sponge off with clean cloth. If the color is delicate, sponge with chloroform; for blue material use vinegar.

24. Vaseline stain. Before it has been boiled it can be removed by washing in turpentine.

25. Wagon grease stain. Rub with either lard or olive oil and wash in warm water with soap.

26. Wax stain. Scrape off all the wax possible, place blotting paper under and over the spot, and press with a warm iron. If the stain is from colored candle, extract color with alcohol before using iron.

Meats—Poultry

The same general methods may be used for cooking all varieties of poultry. A young bird of whatever sort is suitable for frying, broiling, or oven broiling. An older bird may be roasted, while a fowl may be steamed, braized or stewed.

To prepare any kind of poultry for cooking—

1. Singe over flame to remove hairs.
2. Take out pin-feathers with a sharp knife.
3. Remove head and feet if not already removed by the butcher.
4. Make a slit below the breast-bone and take out carefully the organs. Discard all except the liver heart and gizzard. Remove the inside sack of the gizzard with a sharp knife, and discard. Take care not to break the gall-bladder, which is attached to the liver, and which should be cut out.

5. Wash the inside and outside, making sure that the lungs (the red substance under the backbone) and the kidney nearby are removed.

6. Cut out the oil-bag at the end of the back (pope's nose).

When separating eggs, if you drop a portion of egg yolk into whites, moisten a cloth with cold water, touch to yolk and it will adhere to it.

To remove stains from sinks—Take three tablespoons oxalic acid to two quarts water; let stand in sink for one hour. Drain and rinse with cold water.

Vegetable Salads—A few fine bread crumbs mixed through a vegetable salad will absorb some of the dressing and watery juices of the vegetables, which often separate and make the salad moist.

To dry a sweater—Use an adjustable window screen on two chair backs or anything handy. Cover with at least one thickness of paper to avoid any danger of rust, and lay the sweater on without stretching it. Then place in the sun or where a breeze will strike it when the weather will permit.

Chopped Nuts—When "chopped nuts" are required in quick time, place nut meats on wax paper, on flat surface, and roll with a rolling pin.

Always crack a baked potato the moment it is done to let out the steam.

To thin paste, use vinegar instead of water and the paste will not spoil.

When baking pies, make at least two at a time. Bake one, the rest, all ready for the oven, place in the

refrigerator and bake as you need them. To keep the berry pies from soaking the bottom crust, brush with shortening before filling. The last pie is always the best.

In baking juicy pies that are apt to boil over, cut top crust just a little smaller than tin in which it is baked; lay in so that a little rim of filling shows all around; this will prevent from boiling out around the edge. Open top crust in center and bake as usual

In making a lemon pie instead of using corn-starch use a medium sized raw potato grated.

To spread frosting smoothly, dip a knife in hot water and the icing will spread on the cake without sticking to the knife.

Never starch linen to be stored or it is liable to crack.

Put a teaspoonful of vinegar in the water when poaching eggs to prevent their spreading.

To make the edge of handkerchiefs or underwear firm for marking with pen and indelible ink, first dip the edge into cold starch, then press with hot iron. This gives a stiff, smooth surface that can be written upon as readily as paper.

To keep peeled apples from turning brown while standing, cover them with salt water.

Carrots, parsnips and salsify should always be scraped, never pared.

Grape juice can be bottled in season and used for making jelly as occasion requires.

Beat cocoa with an egg beater just before serving, and scum will not form on the cups.

Kerosene in warm water makes a fine medium for removing smoke and dirt from enameled woodwork.

To remove the fish smell from frying pans, clean them with salt and hot water. Ammonia added to the soapy water in which they are washed is also effective.

If by chance your vegetables or preserves scorch while cooking, remove the vessel instantly from the range and set it in a pan of cold water, letting it remain there for ten or fifteen minutes. At the end of that time you will find that the scorched taste has all vanished from the food.

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